

Medical Research

**Traditional
vs. Scientific
Heart Health Metrics**

**8 Lifestyle Tips for
Managing Type 2 High Blood Sugar**

**Unveiling the Power of Coenzyme
Q10 for Health and Vitality**

**Cooking for Heart Health: Simple
Tips and Delicious Recipes**

Home Cures That Work

While heart disease death rates in the U.S. have “declined” steadily over the last several decades, you’re still more likely to die of heart disease than any other cause. You hear facts about heart health that might scare you, like statistics showing that heart disease remains the number one cause of death for both men and women. Or that if you suffer from high cholesterol, high blood sugar or high blood pressure, you’re very likely to be diagnosed with heart disease during your lifetime. Are all those facts true? NO! What you won’t hear touted nearly enough is that heart disease is not only preventable, but also REVERSIBLE.

It all starts with diet. Yes, the power of food. Dr. Scott Saunders has demonstrated significant reversal of blockages in heart arteries and, more importantly, dramatic changes in the course of coronary artery disease by changing what his patients ate!

Healthy eating doesn’t have to be difficult or require you to take favorite meals off your family’s menu. In fact, making smart choices when cooking at home can give you more control over the types of tasty, heart-healthy dishes you put on the table. We included some recipes in this issue for you to try.

If you are concerned about heart health (or fatigue, muscle aches or memory issues), then CoQ10 is going to be big for you. CoQ10 is the “spark plug” that ignites energy production and one of the most powerful antioxidants in your body. Learn more about CoQ10 for optimal health!

Show your heart some love and it’ll thank you every day of the year and beyond.

For your health,

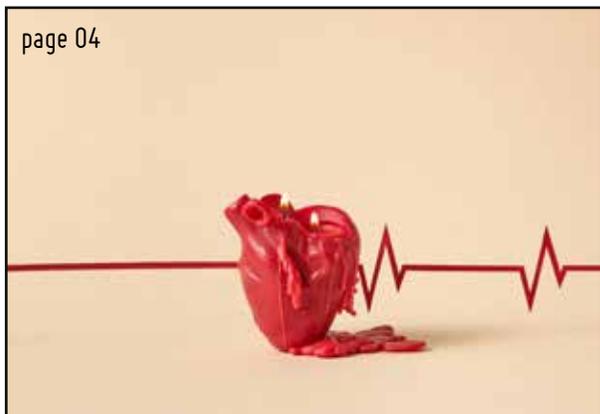
Cheryl Ravey,
Editor, Home Cures That Work

AUTHORS



DR. SCOTT SAUNDERS, M.D.

Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com>



HEART HEALTH METRICS: TRADITIONAL VS. SCIENTIFIC RISK FACTORS

Dr. Saunders scrutinizes traditional and scientific metrics for gauging heart health risks, challenging conventional beliefs about factors like age, cholesterol levels, and physical inactivity. By understanding and addressing real risk factors, you can better prevent heart attacks and strokes, focusing on maintaining healthy arteries through proper nutrition, lifestyle changes, and stress management.



8 LIFESTYLE TIPS FOR MANAGING TYPE 2 HIGH BLOOD SUGAR

This article outlines eight lifestyle strategies for managing high blood sugar and supporting heart health. By incorporating these recommendations into daily routines, you can effectively control blood sugar levels, reduce the risk of cardiovascular complications, and enhance overall well-being.



UNVEILING THE POWER OF COENZYME Q10 FOR HEALTH AND VITALITY

Discover the multifaceted benefits of Coenzyme Q10 (CoQ10) for overall health and vitality. From supporting heart health and boosting energy levels to enhancing cognitive function and improving skin appearance, CoQ10 serves as a powerful antioxidant and essential nutrient for maintaining optimal well-being.

COOKING FOR HEART HEALTH: SIMPLE TIPS AND DELICIOUS RECIPES

This article emphasizes that eating healthily doesn't mean sacrificing flavor, offering simple cooking tips and delicious recipes to support heart health.

A close-up photograph of a woman's back and shoulder. She is wearing a dark blue, off-the-shoulder top. On her back, there is a large, intricate sculpture of a human heart, constructed from thousands of small, reddish-brown beads. The heart is positioned over her spine and is surrounded by several thick, red, fabric-like tubes that loop around her shoulder and back, mimicking the appearance of arteries and veins. The background is dark and out of focus, suggesting an outdoor setting with foliage.

HEART HEALTH METRICS: TRADITIONAL VS. SCIENTIFIC RISK FACTORS

by Dr. Scott Saunders, M.D.

There are two lists of risk factors for heart disease. One is the “traditional list” and the other is the “scientific list.”

The Traditional List

The traditional list [1] comes from a century or more of tradition. It takes into account symptoms and associations, but does not use underlying causes.

1. AGE

Age actually causes no problems. If we let problems continue, they get worse over time, not because we’re getting older, but because we didn’t take care of the problem in the beginning. Heart disease is associated with aging only because the problems that cause heart disease take time to develop.

2. GENDER

Heart disease is not an issue with gender, it’s hormones. Female hormone cycling with higher levels of estrogen and progesterone improves blood vessel compliance and prevents clotting. As women go through menopause, their risk is the same as men.

3. FAMILY HISTORY

Family history may come from two primary sources that could cause heart disease: lifestyle factors, and genetic factors. Thus, if the reason family members have heart

disease is due to lifestyle, then it is not a family problem. However, if your family carries an abnormal gene for clotting, this would be important to know. Without specifically knowing why, a family history is not useful.

4. SMOKING

Smoking increases the risk of heart attack by about 1.5 times while one is smoking. When people stop smoking their risk drops to normal – unless they have more than thirty-five years smoking a pack a day. [2]

5. HIGH BLOOD PRESSURE (HYPERTENSION)

We are led to believe that high blood pressure causes damage to the arteries leading to heart disease. This is not the case. Blood pressure goes up when there is a problem in the blood vessels, or the organs. Some people have kidney disease which causes the blood pressure to go up, others have adrenal gland problems. When the brain is not getting enough of any nutrient, it raises the blood pressure because increasing blood flow is the only way it can get more nutrients, including oxygen, glucose, cholesterol, minerals, and so forth. Blood pressure is a symptom, not a cause.

6. HIGH CHOLESTEROL LEVELS (HIGH LDL AND LOW HDL)

We have been told for years that since rabbits can clog their arteries by stuffing them full of cholesterol, that heart disease in humans is the same. It’s not. Cholesterol level is not related to heart disease.[3]

7. HIGH BLOOD SUGAR

High blood sugar contains multiple risk factors. This is one thing that tradition got right. Both type I, or a lack of insulin, and type II, or an excess of insulin lead to heart disease. This will be discussed in the next section.

8. OBESITY

As an independent risk factor, obesity is not always associated with heart disease. There is the well-documented “obesity paradox” where people with a high body mass index are less likely to have an acute coronary event.[4] Being obese is not the problem by itself, rather those who are obese and also have high blood sugar and insulin resistance, or inflammation are at increased risk for heart disease.

9. RACE

It is amazing how race is inserted everywhere. It’s not race, it’s just a family history issue, as noted above.

10. PHYSICAL INACTIVITY

Lack of activity is not a real risk factor. If someone is healthy and inactive, they will not get heart disease. Those who overeat and are inactive may have insulin resistance, and thus increase their risk for heart disease. Activity is a good thing, but may not prevent heart disease in someone who has real risks. There are many cases of people who are very athletic who die of heart disease.[5]

11. UNCONTROLLED STRESS,

DEPRESSION, AND ANGER

This is actually a real risk factor that will be discussed in the next section.

12. POOR DIET

The diet itself is not a risk factor for heart disease. If those who eat a poor diet do not get insulin resistance or inflammation, they can avoid cardiovascular disease. [6] While the CDC talks about a “poor diet” they do not define it. For example, several studies in rats have shown that fasting prevents heart disease even if they have a poor diet.[7]

13. ALCOHOL USE

There is no clear picture of alcohol increasing heart disease.[8] In fact, some studies find that moderate drinking lowers the risk of cardiovascular events like heart attacks. This may be due to reduced stress, but... little is known for sure. Excessive alcohol consumption, however, may be related to heart disease.

As you can see, the traditional list is based on a lot of “associations” that mostly aren’t the real root causes of vascular disease. Some are definitely related to heart disease, but some have no real causal relationship at all. Now, let’s look at some of the real risk factors.

The Science List

1. OMEGA 6/3 RATIO

There are two aspects of the essential fatty acids that are important. One is omega 6 the other is omega 3[9] .

Omega 6 causes inflammation, and omega 3 decreases it.[10] Be very careful that some studies talk about one or the other of these essential polyunsaturated fatty acids, without evaluating the ratio of omega 6 to omega 3. The average American is around 9:1, meaning we have nine times more omega 6 than omega 3. The closer to 1:1, the better. Most can get it between 2:1 and 4:1. If you don’t know what it is, then this is a useful test to get. It is recommended to take fish oil, eat fish, flax and chia seeds, but you should also avoid seed oils, soy oil, corn oil, and vegetable oil in your food. Coconut oil, olive oil, and avocado oil are relatively low in omega 6.

2. LIPOPROTEIN A

This is known as “L,P, little-a,” or LP(a). It is a protein that has fat in it that can prevent clots from dissolving.[11] Thus, when there is damage to an artery, and a clot forms, the clot can “organize” and stay there forever if the person has high LP(a). Then, having a bump in the artery makes it more susceptible to damage and more clots forming. Thus, LP(a) allows the clots in the arteries to get bigger and bigger, which may cause complete plugging of arteries. If you have high LP(a) then it would be best to avoid inflammation that may cause clotting in the first place, get enough omega 3 oil, and also take Nattokinase daily to dissolve clots.

3. INFLAMMATION

I hate to use this word because it is so broad in biological terms. It could mean infection with a virus, a bacterium, a fungus (yeast), or a parasite. It could be caused by toxins, or lack of nutrients. It could be related to high omega 6/3 ratio, autoimmune disease, or allergies.

Anything that stimulates the immune system to react, causing pain, swelling, redness, and heat creates inflammation. Even gum disease in the mouth is related to heart disease by causing inflammation. This is because any inflammation in the body increases the clotting factors and causes more clots to form in the arteries [12]. Once you know you have inflammation, the next step is to find the source so you can remove it. It is alright to take anti-inflammatories such as turmeric (curcumin), Boswellia and berberine, but the best way is to find the cause. This could be infections, or omega 6 oils, but chronic inflammation usually comes from eating sugar.[13]

4. DAMAGED GLYCOCALYX

The lining of the blood vessels has many benefits, most of all to prevent clots from forming inside arteries[14]. This layer is made by the cells that line the inside of the arteries, called the endothelium. When the glycocalyx is damaged, and the endothelium is exposed, the blood can form clots there. Anything that damages this lining can lead to vascular disease, such as: smoking, alcohol, other toxins, high blood sugar, other metabolic diseases, deficiencies, and even mechanical injury. The endothelial cells can repair the damage in microseconds if the proper nutrients from fruits and vegetables, but also seaweed and mushrooms are available.[15] This may be the value of a vegan diet for heart disease.[16] Periodic fasting also repairs the glycocalyx.

5. INSULIN RESISTANCE

Insulin resistance causes heart disease. Why is this important? Because you can be insulin resistant and not know it long before you are diagnosed with high blood

sugar. Insulin tells your cells not to use fat for energy – which is about 60% of the energy of the heart! What’s more, the excess insulin causes a decrease in glucose transport proteins so the cells that line your blood vessels, the endothelium, do not work well to produce the glycocalyx that lines the arteries, allowing clots to form more easily. The worst part is that it also increases inflammation causing more clotting in the arteries.[17] This is where diet meets heart disease. All the foods that cause insulin resistance also deplete Nitric Oxide[18] (NO) causing hypertension and increasing inflammation.[19] Sugar, salt, fat, and MSG lead to insulin resistance. The best way to reduce and avoid insulin resistance is by fasting. I recommend avoiding food after 6pm daily and fasting for 3 days once per month.

6. NSAIDS

This is a paradox because these drugs are taken to decrease inflammation, but they cause inflammation in the blood vessels! The reason for this is because both the inflammatory hormones and the anti-inflammatory hormones are made by the same enzymes[20]. So, these medications block omega 6 from causing inflammation, but also block the omega 3 oils from making the mediators needed to prevent clots and relax blood vessels. The

body cannot stop clots from forming so people get heart attacks.[21] If you take them occasionally it isn’t an issue. It is regular or daily use that is risky. The worst offenders are those that inhibit the COX2 enzyme: Celebrex, Vioxx, and Bextra.[22]

7. UNHEALTHY DIET

We focus a lot on diet in our society. There are so many diets, each with their proponents. There are actually some things that people do with their diet that contribute to heart disease. Eating at night prevents repair of blood vessels. Eating fructose causes inflammation and insulin resistance. Artificial sweeteners and sugars cause insulin resistance. Eating omega 6 oils and trans fats increases inflammation. The best diet is to eat things that don’t have a list of ingredients. Make your own food – avoid restaurants, fried food, take-out, prepared foods, snack foods, and processed foods. [23]

8. STRESS, DEPRESSION, ANGER

Emotional issues are significantly related to heart disease.[24] Stress raises your adrenal hormones which prevents repair of the blood vessels. The adrenal hormone, cortisol, is a “catabolic” hormone which

causes breakdown of the body, including the immune system and vascular system. Moreover, it prevents the “anabolic” metabolism from repairing damage every night, allowing clots to grow in the arteries, which causes atherosclerosis. Getting out of stress is difficult. Start by keeping a good circadian rhythm. Don’t eat after 6pm, sleep by 10pm, wake up at 6am, and eat breakfast by 8am. It is also very important to let go of anger and forgive those who have hurt you or others. Exercise can help to increase endorphins, the hormones that lower stress. Fasting also decreases stress hormones and allows repair of the arteries. Periodic fasting of three days monthly is a great way to put your body in “anabolic” metabolism.

Once you know the risk factors, you can know your real risk for heart disease. If you are looking at things that are not real risks, then you never know what to do to prevent heart attacks and strokes. All the real risks revolve around the clotting mechanism. Preventing clots, and repairing damaged arteries by dissolving clots is the way to maintain squeaky-clean arteries.

There are steps you can take to help yourself RIGHT NOW. Learn how with the [Healthy Heart Solution Kit](#).



Sources:[1] <https://www.webmd.com/heart-disease/risk-factors-for-heart-disease> [2] <https://aboutlungcancer3000.blogspot.com/2012/11/lung-cancer-statistics.html> <https://www.sevencountriesstudy.com/smoking-all-cause-mortality-and-long-term-survival/> [3] <https://pubmed.ncbi.nlm.nih.gov/30198808/> [4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8493650/> [5] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6159403/> [6] <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/nutrition.htm> [7] <https://www.health.harvard.edu/blog/intermittent-fasting-surprising-update-2018062914156> [8] <https://www.health.harvard.edu/blog/intermittent-fasting-surprising-update-2018062914156> [9] <https://www.amymyersmd.com/article/are-omega-6s-bad> [10] <https://pubmed.ncbi.nlm.nih.gov/31567003/> [11] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4847635/> [12] <https://www.hopkinsmedicine.org/health/wellness-and-prevention/fight-inflammation-to-help-prevent-heart-disease> [13] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9471313/> [14] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8630340/> [15] <https://www.frontiersin.org/articles/10.3389/fcvm.2022.952022/full> [16] <https://www.drmcDougall.com/education/common-health-problems/heart-disease/> [17] <https://cardiab.biomedcentral.com/articles/10.1186/s12933-018-0762-4> [18] <https://nutrigardens.com/blogs/blog/foods-that-deplete-nitric-oxide> [19] <https://www.mdpi.com/1422-0067/23/24/15454> [20] <https://www.nature.com/articles/nchembio.367> [21] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC549650/> [22] <https://www.mayoclinic.org/diseases-conditions/heart-attack/expert-answers/nsaids-heart-attack-stroke/faq-20147557> [23] <https://www.verywellhealth.com/foods-that-cause-inflammation-8408131> [24] https://www.health.harvard.edu/newsletter_article/uncovering-the-link-between-emotional-stress-and-heart-disease

8 Lifestyle Tips for Managing High Blood Sugar



TYPE 2 HIGH blood sugar and heart disease often go hand in hand, making it crucial to adopt lifestyle habits that not only help manage high blood sugar but also support cardiovascular well-being. Understanding the interplay between these conditions can empower individuals to take proactive steps toward better health. Here are eight effective strategies recommended by experts to manage type 2 high blood sugar while promoting heart health.

1. Embrace Regular Exercise

Engaging in regular physical activity is key to reducing the risk of cardiovascular disease in individuals with high blood sugar. Aerobic exercises such as walking, biking, or swimming strengthen the heart, enhance blood circulation, and improve overall cardiovascular health. Additionally, incorporating resistance training into your workout routine can help increase muscle mass and improve glucose metabolism.

2. Adopt a Heart-Healthy Diet

A well-balanced diet plays a crucial role in managing both high blood sugar and heart disease. Focus on consuming whole foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats like those found in olive oil and nuts. Minimize intake of saturated fats and refined carbohydrates, which can elevate LDL cholesterol levels and contribute to heart disease risk. Get started with our [Healthy Heart Solution Kit](#).

3. Maintain a Healthy Weight

Maintaining a healthy weight is essential for managing type 2 high blood sugar and reducing the risk of heart disease. Even modest weight loss can lead to improvements in blood sugar levels, cholesterol, and blood pressure. Emphasize healthy behavior such as regular exercise and mindful eating to support weight management goals.

4. Avoid Smoking

Smoking not only raises blood sugar levels in the short term but also exacerbates high blood sugar complications and significantly increases the risk of heart disease. Quitting smoking is essential for improving overall health and reducing the risk of cardiovascular complications associated with high blood sugar.

5. Consume Alcohol in Moderation

Moderate alcohol consumption may have potential cardiovascular benefits, but excessive drinking can negatively impact blood sugar control and increase the risk of heart disease. If you choose to drink, do so in moderation and be mindful of its effects on blood sugar levels. Always consult with your healthcare provider to ensure alcohol consumption is safe for you.

6. Manage Stress

Chronic stress can elevate blood sugar levels and make it challenging to manage high blood sugar effectively. Incorporate stress-reducing techniques such as exercise, meditation, or psychotherapy into your daily routine to support overall well-being and improve heart health.

7. Prioritize Quality Sleep

Adequate sleep is essential for maintaining optimal health and well-being. Aim for seven to nine hours of quality sleep each night to support healthy blood sugar levels and reduce the risk of cardiovascular complications.

8. Seek Support for Depression

Depression can complicate high blood sugar management and increase the risk of heart disease. Don't hesitate to seek help if you're experiencing symptoms of depression. Talk to your healthcare provider about treatment options, including therapy and digital cognitive behavioral therapy platforms designed to support individuals with type 2 high blood sugar.

By incorporating these lifestyle tips into your daily routine, you can effectively manage type 2 high blood sugar while promoting heart health and overall well-being. When you follow the simple instructions in our [Fix Blood Sugar Solution Kit](#), you can balance your blood sugar, lower your A1C, and treat high blood sugar at the root-cause for the results you deserve.



UNVEILING THE POWER OF COENZYME Q10 FOR HEALTH AND VITALITY



IF YOU'RE SEEKING a natural boost in energy, support for healthy aging, and an overall sense of vitality, look no further than Coenzyme Q10, or CoQ10. This potent antioxidant offers a range of benefits, from enhancing energy levels to promoting youthful skin and supporting mental acuity.

role in cellular energy production by aiding mitochondria, the cell's powerhouses, in generating ATP (adenosine triphosphate), the energy currency of the body. Additionally, CoQ10 functions as a potent antioxidant, protecting cells from oxidative damage caused by harmful free radicals.

Long-term studies indicate that CoQ10 supplementation can benefit heart health by reducing the risk of heart-related issues and promoting normal blood pressure.

Barton Nutrition's [Healthy Heart Support](#) supplement has a targeted amount of CoQ10, with other nutrients, to support heart health.

What is CoQ10?

Coenzyme Q10, or CoQ10, plays a crucial

Top Benefits of CoQ10

1. HEART HEALTH SUPPORT

2. ENHANCED ENERGY LEVELS

Declining CoQ10 levels can lead to decreased energy levels, but supplementation may spark cellular energy

production, leading to increased stamina and reduced fatigue.

3. PROMOTES HEALTHY AGING

CoQ10's antioxidant properties help combat oxidative stress, supporting overall health and well-being as you age.

4. COGNITIVE SUPPORT

CoQ10 supplementation may improve cognitive performance and memory, offering protection against neurons and oxidative damage in the brain.

5. JOINT AND MUSCLE HEALTH

Research suggests that CoQ10 may minimize cartilage degradation and ease joint discomfort, while also increasing muscle concentration and improving exercise performance.

6. HEADACHE RELIEF

CoQ10 supplementation may help reduce the severity and duration of occasional headaches by promoting normal inflammatory responses in the body.

7. YOUTHFUL SKIN

CoQ10 supplements have been linked to reduced wrinkles and improved skin smoothness, making it a popular ingredient in skincare products.

8. ORAL HEALTH

CoQ10 supports gum health by reducing chronic redness and swelling, promoting tissue repair, and alleviating dry mouth.

9. IMMUNE SYSTEM BOOST

CoQ10 aids in energy production, supporting a healthy immune system and

helping the body defend against illness.

10. IMPROVED WORKOUT PERFORMANCE

CoQ10 supplementation may enhance exercise performance and reduce fatigue, particularly in endurance athletes and individuals engaging in high-intensity training.

11. VISION SUPPORT

CoQ10 protects retinal cells against oxidative stress, potentially reducing the risk of age-related vision problems.

12. LUNG FUNCTION

Studies suggest that CoQ10 supplementation can improve lung function and oxygenation, particularly in individuals with respiratory concerns.

Identifying CoQ10 Deficiency

Signs of CoQ10 deficiency may include fatigue, high blood pressure, muscle stiffness, blood sugar imbalances, and swelling. A deficiency can be addressed through dietary changes and supplementation.

Food Sources of CoQ10

While CoQ10-rich foods like spinach, broccoli, nuts, and fruits are beneficial, supplementation may be necessary to ensure adequate levels, especially with age or illness.

CoQ10 Supplement Considerations

[When choosing a CoQ10 supplement](#), opt for ubiquinol or ubiquinone forms for optimal absorption. Consider combining CoQ10 with vitamin B-6 for enhanced synthesis and efficacy.

Potential Side Effects and Precautions

While CoQ10 is generally safe, some individuals may experience mild side effects such as stomach upset or lowered blood sugar. It's essential to follow recommended dosages and consult with a healthcare provider, especially if taking medications or during pregnancy.

Conclusion

Coenzyme Q10, with its myriad of health benefits and minimal side effects, offers a natural solution for supporting overall health and vitality. Whether you're aiming to boost energy levels, promote healthy aging, or enhance workout performance, [CoQ10 may be the supplement you've been seeking](#).



Cooking for Heart Health: Simple Tips and Delicious Recipes



EATING HEALTHILY DOESN'T mean sacrificing flavor or your favorite meals. With a mindful approach to cooking, you can create delicious, heart-healthy dishes that your whole family will love. By implementing these cooking tips and recipes, you can potentially support heart health.

1. Elevate Fresh Vegetables with Flavorful

Techniques

Enhance the natural goodness of vegetables by roasting, steaming, grilling, or baking them. These cooking methods help retain nutrients while bringing out the vibrant flavors of your veggies. Experiment with herb and spice combinations like basil with tomatoes, oregano with zucchini, dill with green beans, or rosemary with peas and cauliflower to add depth and excitement to your dishes.

2. Opt for Leaner Cuts of Meat and Poultry

When selecting meat and poultry, choose lean cuts with minimal visible fat. Trim any excess fat before cooking to reduce saturated fat intake. Incorporate more poultry and fish into your meals. Additionally, cut back on processed meats such as sausage, bologna, and hot dogs, which are often high in calories, saturated fat, and sodium.

3. Find Fats for a Healthy Heart

A note about fats -- not all fats are bad. Healthy fats are omega-3 fats found in grass-fed or free-range beef, lamb, chicken, or pork, eggs, fish, avocados, nuts, seeds, cold-pressed oils like extra virgin olive oil, walnut oil, sesame oil, coconut oil, and avocado oil, and dairy products from grass-fed livestock.

Recipes to Try:

GRILLED TEQUILA-LIME CHICKEN WITH ASPARAGUS

Serves 4

- 1/4 cup tequila or white vinegar
- 2 teaspoons lime zest
- 1/2 cup fresh lime juice
- 2 medium garlic cloves, minced
- 1 tablespoon minced chipotle pepper canned in adobo sauce, plus 2 tablespoons adobo sauce
- 1 1/2 pounds boneless, skinless chicken breasts, excess fat removed
- Nonstick avocado cooking spray
- 3 bunches of asparagus spears,

trimmed

- 1/4 teaspoon salt
- 1/2 teaspoon black pepper, divided
- 2 tablespoons avocado oil

Instructions:

1. In a small bowl, combine tequila, lime zest, lime juice, minced garlic, chipotle pepper, and adobo sauce. Pour into a resealable plastic bag, add chicken, seal tightly, and refrigerate for 2-12 hours.

2. Preheat the grill to medium-high heat and lightly spray the grates with nonstick cooking spray.

3. Season asparagus with salt and 1/4 teaspoon pepper, then drizzle with oil.

4. Remove chicken from the marinade, discarding excess, and sprinkle with remaining pepper. Grill chicken for 8-12 minutes until cooked through. Transfer to a plate and cover with foil.

5. Grill asparagus for 7 minutes until tender-crisp. Serve alongside chicken

FROZEN YOGURT BARK

Serves 8

- 1 1/2 cups 2% low-fat plain Greek yogurt
- 2 tablespoons honey
- 2 tablespoons chopped, unsalted almonds
- 1/2 cup chopped mango
- 1/4 cup blackberries or raspberries
- 1/2 cup blueberries

Instructions:

1. In a medium bowl, mix yogurt and honey.

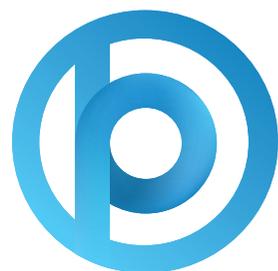
2. Line a 9-by-13-inch baking dish with parchment paper and spread yogurt evenly.

3. Sprinkle chopped nuts over the yogurt, then top with mango, blackberries, and blueberries.

4. Freeze overnight, then break into pieces before serving.

By incorporating these cooking tips and recipes into your routine, you can enjoy flavorful meals while supporting heart health for you and your loved ones.





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P U B L I S H I N G

You have made a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again. For additional relief, visit www.bartonpublishing.com

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Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.