

Personal Safety Nets® e-Newsletter



The Power and Life of Your Heart

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In This Issue

[Blog on Web](#)

[Consider Us Partners](#)

[The Heart of Life](#)

[Heart Healthy Downloads](#)

[Take a Class](#)

[e-Newsletter Library](#)

The Heart of Life

The month of February has become synonymous with "giving your heart to another," commonly known as Valentine's Day. But before you give your heart away and as you share it with others, shouldn't you make sure it's in good shape? **A healthy heart is one that helps you live better, live longer, and do more for yourself and those around you.** So ask yourself the question: if I don't take care of it, are my loved ones ready to deal with the consequences of my unhealthy heart?

Letters, We Get Letters. . .

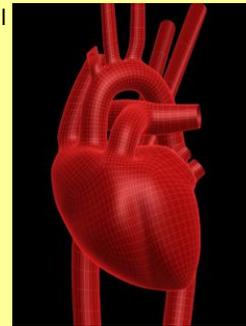
Dear Safety Nets Team,

Q: *During this time of year I find myself remembering the pain of a heart broken many years ago. What can I do to make this pain go away?*

Barry Gibb

A: There are at least two ways to picture a broken heart, using "heart" in its original meaning, not merely as the seat of the emotions but as the core of your sense of self. Though this won't take the pain away, adjusting your attitude may soften the edges and change the outcome. **The conventional image, of course, is that of a heart broken by unbearable tension or pain into a thousand shards - shards that can become shrapnel aimed at the source of the pain.** Every day, untold numbers of people try to "pick up the pieces," some of them taking grim satisfaction from the way their hearts' explosions have injured their enemies. They have hated Valentine's Day, refused to hear apologies, or barricaded their hearts inside impenetrable bunkers of anger. **Here, a broken heart is an unresolved wound that is too often**

Believing a problem, a challenge, or a change will happen is foreign to all of us - and never easy to accept. In fact, **it's human nature not to investigate or plan for the future simply because we believe "no news is good news."** But that won't make the future go away. Lawyers tell us the number one reason people don't execute a will is because they feel they won't die or aren't ready to think about dying. Similarly, many people don't sign up to donate their organs because they feel it's an issue they don't need to deal with until "later." And they're sure (or they hope) later never comes. The 93 year old father of a friend told his daughter he'd planned to designate her as his power-of-attorney when he got old!



So why do you need to investigate how your heart is functioning or to keep a healthy heart? Simple! **Heart disease is the #1 cause of death in men and women, greater than the next five causes of death combined!** Don't put your head in the sand - you or a loved one



are likely to deal with the problems of an unhealthy heart. According to the latest estimates by the American Heart Association, over 64 million Americans have one or more forms of cardiovascular disease (CVD), and NO, they are all NOT over 65 years old!

Now the good news: **You can do plenty to influence and significantly lower your chances of developing heart disease and also reverse the effects of a current heart condition. It's never too late to start promoting a healthy heart.** Lower cholesterol, triglycerides, homocysteine and CRP levels are a start to promoting a healthy heart.

No matter your age right now, it seems all of us will be dealing with that wonderful thing currently beating inside your chest - so get it healthy so it's worth sharing with our loved ones. This edition of our e-Newsletter provides info about **Cool Free Downloads** on our website that revolve around food, friends, eating and your heart,

inflicted upon others.



But there is another way to visualize what a broken heart might mean. **Imagine that small, clenched fist of a heart "broken open" into largeness of life, into greater capacity to hold one's own and the world's pain and joy.** This, too, happens every day. Who among us has not seen evidence, in our own or other people's lives, that compassion and grace can be the fruits of great suffering? **Here, heartbreak becomes a source of healing, enlarging your empathy and extending your ability to reach out. Try it?**

A NEW ADDITION (BLOG) TO OUR FAMILY!

Don't you sometimes wish you could give us your "two-cents?" Well, as important as our desire to help you, is our desire to know your opinions. **So we've added a [BLOG](#) to our website.**



We'll be writing about more personal and experiential information on the blog and providing you a place to make your own comments and suggestions. Please come visit us.

including foods to eat, how to deal with kids and snacks, eating with friends: pro and con, food packaging traps, and cardiac rehab.

Heart Healthy Downloads

The research on our heart and the power we have to maintain its health is plentiful and overwhelming - and so is the research that may shock, surprise, scare and maybe, motivate:

- Men suffer heart attacks about 10 years earlier in life than women.
- But the disease kills more women than men each year, even edging out breast cancer as the number one killer.
- The disease itself can manifest itself differently in the sexes - chest pain for both sexes, but with women more likely to experience pain in their abdomen, neck or back.
- Factors like smoking and depression have a more serious effect on the heart health of women than that of men.
- While heart disease is perceived as an "older woman's disease," - the leading cause of death among women aged 65 years and older - it is also the third leading cause of death among women aged 25-44 years and the second leading cause of death among women aged 45-64 years.
- Since 1900, Cardio Vascular Disease has been the number 1 killer in the United States for every year but 1918.
- Under-educated people are more likely to suffer heart attacks. And on and on and on . . .

Certainly you can find all the research and reasons to take action on your own. Our goal, as with all our e-Newsletters is to be part of your safety net - providing you a flow of information to help you get interested and on the path to a better planned and longer life. The decisions are always yours.



Below are synopses of a variety of new [Cool Free Downloads](#) that you'll find on our website. This time out we've mostly focused upon food (what's good to eat and what's good to eat every day), food tips (real calorie counts and nutritional packaging traps), and some good info on cardiac rehab (healthy heart benefits of a gym). We keep adding more downloads and information every few weeks, so keep checking back under our "ToolKit" section of the website. Enjoy!

"Food Packaging Traps - 5 Nutrition-Savvy Tips"- When we walk into a store, emblazoned on nearly every box, bag and bottle on every shelf are a multitude of nutritional claims - screaming, "Buy me! Buy me!" But remember: claims are marketing ploys, pure and simple! So we've provided some rules to follow to make you a truly savvy shopper.

"Dieters Beware: Calorie Counts May Not Be Real" - A new study tells us that prepared foods contain an average of 8% more calories than what their packaging label says. And restaurant meals can contain up to 18% more calories than what the menu claims. And perhaps the worst news is that the Food and Drug Administration says these margins of error are perfectly O.K. Read on for the whole story.

"Foods You Should Eat Every Day" - This update from the folks who wrote *Eat This, Not That!* provides information you need to make smart

CONSIDER US PARTNERS Our Business Initiative

You're a small business owner or operator (salesman, financial planner, insurance adviser, banker, lawyer, doctor . . .) looking to connect in better ways with your prospective clients. **Personal Safety Nets® will help you - by showing your audience the need for your services!**



We'll open the door to more business for you. We open the minds of your clients, and get them thinking about all the corners of their Personal Safety Nets - which include you and what you offer!

In a small intimate setting, your clients will hear from our founder and co-author of our book, Judy Pigott. Judy will present each person with a free, signed copy of her book and talk to them about their lives, and the corners of the safety net they'll build to deal with life's upcoming challenges and changes. Your prospective clients will be able to ask questions and get direct answers from Judy - and all the while, **they'll be better prepared to see the need for your services. You'll strengthen your relationship with clients and get your foot in their doors for follow-up sales.**

If you're interested in talking about our One-on-One Business Initiative presentation, please call us today at 206-659-0665.

choices as you decide when and what to eat. We focus upon 8 foods that would be good parts of your regular diet - and provide you with a more healthy heart and lifestyle.

["The Best Foods You Probably Aren't Eating - But Should!"](#) - The author of "The 150 Healthiest Foods on Earth" gives us a list of eleven foods that are easy to find, but don't always find their way into our shopping carts. Here's an easy list to read and take directly to the grocery store.

["Cardiac Rehab - The Gym & Health Benefits for Your Heart"](#) - A new study on cardiac rehab tells us that "more is better." Patients who suffered heart attacks, or underwent bypass graft surgery, or were hospitalized for chronic stable angina (chest pain after exertion) lived longer and had fewer subsequent heart attacks when they had more rehab sessions - all that insurance allowed. Check out the research and PSN's take on getting to the gym.

IT'S NOT TOO LATE!

"Pulling It All Together"

Our most popular, highly interactive workshop - IN ONE DAY!

THIS SATURDAY, FEBRUARY 20th from 10:00 a.m. - 3:00 p.m., in just a few hours, seize the opportunity to build and refine your own personal safety net: the people, plans and resources you need to have in place for life's challenges and changes. This class will move you forward with life's plans, family plans and work plans.



Course fee includes the book, *Personal Safety Nets: Getting Ready for Life's Inevitable Changes and Challenges*, accompanying workbook, *Get Ready/Get Started* and a personal notebook. Light snacks provided. \$75.

Advance registration required.

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It's never too early to get started!