

The Medicine Letter I

A BiWeekly Source for your Health begins today

The Heart

The Heart is an amazing muscle, vessel, organ of the human anatomy. It willingly beats faster or slower depending on what the human body requires of it. Without thinking, the heart remains diligently connected to its electromagnetic signal and cycle to beat on average 60 times a minute. This connection was discovered by Dr. Otto Schumann, a Physicist, during the early space flight tests in the 1950s. He discovered that when human was put into space, that they began to die, and their functions like heartbeat were interrupted. Our heartbeats are dependent electrically to a frequency of the Earth's surface at 7.83 Hz. How this created is as fascinating as how we are electrically connected to this planet.

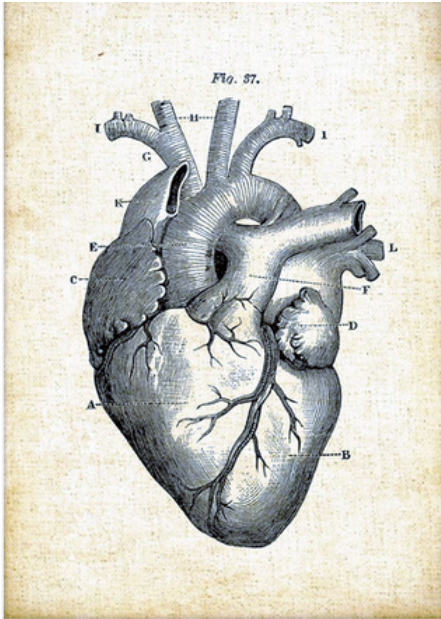
“The Schumann Resonances are electromagnetic resonances or eigenfrequencies, which emerge through oscillations in a cavity shell. The cavity (also resonant cavity) is limited through the earth's surface and the ionosphere (in roughly 100km height) and can be prompted through lightning discharges which emerge in the ionosphere. Energy discharges, such as thunderstorm, lightning or solar winds within the earth's surface cause radio waves” The earth frequency was first mentioned by George F. Fitzgerald in 1893. Tesla also spoke of this frequency,

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“Alpha waves in the human brain are between 6 and 8 hertz. The wave frequency of the human cavity resonates between 6 and 8 hertz. All biological systems operate in the same frequency range. The human brain's alpha waves function in this range and the electrical resonance of the earth is between 6 and 8 hertz. Thus, our entire biological system –the brain and the earth itself –work on the same frequencies.”(2)

Reference: <https://iopscience.iop.org/article/10.1088/1757-899X/564/1/012081/pdf>



Emotions of the Heart:

In this ancient Daoist medicine understanding of the organs and their emotions, the Heart is full of Joy. It also holds memory, and feels 5,000 times more strongly than the brain. It is always thought the brain makes sense first, but the heart feels first then the brain tries to make a story to make understanding of events. Too much heart energy is considered mania.

How do we maintain Heart Health?

The number one preventable cause of death in America is Heart Disease, so how do we keep it healthy and alive?

- Healthy Blood Pressure 120/80
- Cholesterol <200, HDL >50, LDL <100, triglycerides <150
- Healthy Weight BMI 18.5 - 24.9
- Healthy Food, 80% fresh vegetables, 20% protein and fats. A daily food intake of 30+ protein, 25% fats (plant), 30-40% carbs. Portions matter, eat what you can fit into the palm of your hand.
- Eliminate Smoking, Alcohol, Drugs, Stress
- Increase Rest, Good Sleep, Daily Exercise, Love, Nature

What makes your Heart Muscle Beat?

Your Nervous System sends signals to your SA Node, the pacemaker in your heart. These are connected to your cardiac muscle cells. The contraction and expansion of your muscle sends blood into the vessels. Just as your breath contracts and expands your lungs, they are a good team working together.

Fun Stuff to make your Heart Beat:

Brisk Walking, get your heart rate up all you need is good shoes and doing an hour a day. 10,000 steps equals 5 miles which is suggested daily activity. Also taking a break from sitting every hour for 5 minutes keeps good circulation. **Hiking**, going up and down hills will get the heart rate up. Plus its fun being in nature, waterfalls, trees, sky, birds, etc. **Weight Training**, doesn't have to be a full on gym, can be your own body weight, cans of beans,

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gallons of water, be creative. **Yoga and Qigong** - Movement exercise, stretching, flexibility, balance, breathing and more. Burns calories at 200+/hour

Cycling, gardening, horse riding, just get moving!

Heart Nutrition **Foods that are good for your heart**

- **Fish** - high in omega-3s, salmon, tuna, mackerel, herring, and trout.
- A handful <1/4 cup of **healthy nuts** such as almonds or walnuts. Be careful, nuts are high calorie. So 6 almonds.
- **Berries** are chock full of heart-healthy phytonutrients and soluble fiber. Blueberries, strawberries, blackberries and raspberries
- **Seeds**. Flaxseeds contain omega-3 fatty acids, fiber and phytoestrogens to boost heart health. Chia seeds also provide omega 3, fiber and protein and can be eaten whole.
- **Oats** are *the* comfort-food nutrient powerhouse.
- **Legumes**. Dried beans and lentils — such as garbanzo, pinto, kidney or black beans, are high in fiber, B-vitamins, minerals .
- Red, yellow and orange **veggies** such as carrots, sweet potatoes, red peppers, tomatoes and acorn squash are packed with carotenoids, fiber and vitamins to help your heart. Red is the color of blood, treats heart.
- **Green veggies**. Kale, Swiss chard, collard/mustard greens and bok choy. Spinach (not for gout) Broccoli and asparagus have vitamins C and E, potassium, folate, calcium and fiber.
- **Fruits** such as oranges, cantaloupes and papaya are rich in beta-carotene, potassium, magnesium and fiber.
- **Dark Chocolate** is good for your heart health. The higher the percentage of cocoa the better! (The fiber and protein increase with higher cocoa and the sugar decreases). **70% cocoa/cacao and higher.**

Heart Plant Medicine

Hawthorn - Treats Blood, heart muscle, lipids, BP, Arrhythmia

Osha Root - Bear Root, Lungs and Heart

Garlic & Cayenne - Stimulates blood flow