

FEBRUARY

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Take Care of your Heart

Save 15% on Blood Pressure Monitors and Low Dose Aspirin

February is American Heart Month Heart Disease Causes and Prevention

Heart Disease is the number one killer of women, but only one in five believe that it is the biggest threat to their health.

https://www.goredforwomen.org/about-heart-disease/facts_about_heart_disease_in_women-sub-category/causes-prevention/

Statistics

- 1 in 3 women die from heart disease every year
- 90% of those women have multiple factors for developing heart disease
- Since 1984, more women than men have died from heart disease annually
- Symptoms of heart disease can be different in women than men
- Compared to breast cancer mortality, 1 in 31 women die every year from breast cancer, while 1 in 3 die from heart disease

Causes of Heart Disease: Atherosclerosis is a condition that develops when plaque builds up in the walls of the arteries and can cause heart disease. Heart disease can also be:

- **Heart failure or congestive heart failure** – The heart is still working, but it isn't pumping blood like it should.
- **Arrhythmia or abnormal rhythm** – Beating too fast, too slow or irregularly. This can affect heart function and how much blood is pumped throughout the body.
- **Heart Valve Problems** – This can lead to the heart not opening enough to allow proper blood flow or cause valves to leak, bulge, or prolapse and blood can flow backward through them.

What can you do to decrease your risk?

- Don't smoke
- Manage your blood sugar
- Manage your blood pressure
- Lower cholesterol
- Know your family history
- Stay active
- Maintain a healthy weight or lose weight – know what is right for your height and frame
- Eat healthy – low cholesterol foods including lots of fruits and vegetables which should be 4- 5 cups a day of varying colors



February Recipe-A Healthy Treat for Valentine's Day! Gluten-Free, Raspberry Lemon Cheesecake Cookies

<http://www.spabettie.com/2013/02/06/raspberry-lemon-cheesecake-cookies/>

From Spabettie.com - Dairy, egg, and gluten free, vegan

Makes 12-15 cookies

- 1 tablespoon flax seed, freshly ground
- 2 tablespoons warm water
- 1/3 cup coconut oil
- 1/3 cup dairy free cream cheese (non hydrogenated), softened
- 1/2 cup sugar (agave, coconut nectar, raw sugar)
- 1 cup gluten free all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon xanthan gum
- pinch salt
- 3/4 pint fresh raspberries
- zest of 1/2 small lemon

Preheat oven to 350 degrees.

-Grind flax seed in blender, coffee grinder. Place 1 tablespoon ground flax in a bowl, add water and stir. Place in refrigerator to set into gel (this equals / replaces one egg).

-Cream together coconut oil, cream cheese, and sugar; stir in flax mixture.

-Add flour to the top of this mixture, do not stir.

- Add baking powder, xanthan gum and salt, stirring into the flour before combining flour with coconut cream cheese.
- Fold in raspberries and lemon zest.
- Drop cookies by spoonful onto prepared (silpat, parchment) baking sheet, bake at 350 for approximately 15 minutes.

Chapped Lips? Lip Care 10% off



Tips for Battling Dry Lips

<http://health.howstuffworks.com/skin-care/lip-care/tips/10-tips-for-battling-dry-lips.htm#page=0>

- **Avoid the Elements** - Hot weather and very cold weather with dry air and sunshine can damage your lips. Wear protective clothing like scarves and hats to keep the elements away.
- **Use a lip balm** – Build a barrier between your lips and the world and use a thin layer so you’re not inclined to lick your lips.
- **Use the right kind of lip balm** – Avoid drying ingredients and opt for moisturizing beeswax, shea butter, cocoa butter, almond or jojoba oils. Exfoliating lip balms can create the need for moisture, so try to exfoliate separately.
- **Avoid licking and biting your lips** – Saliva can actually dry out your lips as it has enzymes to break up your food. Biting at dry skin can also damage your already sore lips. Opt for the lip balm for moisture instead of licking or biting.
- **Avoid certain ingredients** –Phenyl salicylate and propyl gallate are exfoliators that can cause dryness perpetuating your dry lips. Lanolin, menthol, cinnamon citrus and mint can cause allergic reactions and ultimate dryness for those with sensitivities.
- **Don’t breathe through your mouth** – Breathe through your nose instead. Mouth breathing can dry out lips much like harsh weather. Breathing through your nose filters the air and allows lips a break from the air blowing across them.
- **Exfoliate first, then lip balm** – Lip scrubs, phenols and salicylic acids can exfoliate, but make sure to do them separately and not in the lip balm that you are using. Give dry lips the exfoliation they need before applying your moisturizing lip balm.
- **Stay hydrated** – Drinking water helps with keeping your body hydrated and your lips too. Make sure you’re getting enough H2O every day.
- **Take your vitamins** – B vitamins, niacin and riboflavin can help with skin health and your lips with see the benefit as well. Green vegetables such as chard, spinach, green beans and collards are great sources of niacin and

riboflavin can be found in dairy and almonds. If you are struggling with getting all your fruits and veggies, you may opt for a multivitamin as well.

- **If cracks don’t heal, see a doc** – Chronic chapping may be cause by something else, so see a primary doctor or dermatologist to see if allergies or a vitamin deficiency may be the problem.



Gifts for your Sweetie!

Save 15% on Valentine's Themed Gifts

Valentine’s Day Gifts Galore

Looking for that perfect Valentine’s Day Gift? Look no further. We’ve got candies, cards, and gifts for everyone on your list. Come in and check out our selection. We have some great local Missouri made options as well including Three Belles scarves, Harmony Hill goat soaps and lotions, Snowflake Glass jewelry and Norma Crow cards.



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Spiral Bound Cookbooks




- It’s Bacon Me Crazy
- Breakfast Anytime
- 9 x 13 – A Plan for Your Pan and MORE!



Great ideas for delicious meals for the entire family!

February Specials

Reg. Price Sale Price

	Leader Cranberry Tablets 450 mg – 50 count	\$6.87	\$5.09
	Leader Sentry Senior Multivitamin 100 count	\$6.79	\$6.09
	Leader Steroid Free Anti-Itch Lotion-7.5 oz.	\$8.19	\$7.09
	Hager Dry Mouth Chewing Gum 30 count	\$4.89	\$3.89
	Nature’s Bounty Fish Oil 1000 mg 120 count	\$12.69	\$11.09
	Leader Tussin DM 4 oz.	\$4.59	\$3.09

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