

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/](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-Gluten Free and Yummy!

**Flourless Chocolate Hazelnut Cake-Good Housekeeping**  
<http://www.goodhousekeeping.com/food-recipes/a10074/flourless-chocolate-hazelnut-cake-recipe/>

#### Directions

1. **Prepare cake:** Preheat oven to 350 degrees F. Lightly grease 9-inch springform pan. Line bottom with waxed or parchment paper; grease paper.
2. Place hazelnuts in 15 1/2-inch by 10 1/2-inch jelly-roll pan. Bake 10 to 15 minutes or until toasted and fragrant, shaking pan occasionally. Remove pan from oven. Wrap hot hazelnuts in clean cloth towel; with hands, roll hazelnuts back and forth until as much skin as possible rubs off. Cool nuts completely.
3. In food processor with knife blade attached, place 3/4 cup nuts and 1/4 cup sugar; pulse until finely ground. With chef's knife, roughly chop remaining nuts; set aside separately.
4. In 3-quart saucepan, melt chocolate and butter on medium-low, stirring occasionally. Meanwhile, in large bowl, with mixer on medium-high speed, beat eggs and 1/2 cup sugar 7 minutes or until tripled in volume. With rubber spatula, fold in chocolate mixture, then fold in ground-nut mixture. Pour batter into prepared pan and bake 35 minutes or until top is dry and cracked and toothpick inserted in center comes out slightly wet. Cool in pan on wire rack 10 minutes. Remove side of pan and cool 30 minutes longer on wire rack.
5. **Meanwhile, prepare praline:** Line 9-inch cake pan with foil. In pan, spread reserved chopped hazelnuts in single layer. In 12-inch skillet, spread remaining

1/2 cup sugar in even layer. Cook on medium-high 3 to 5 minutes or until sugar is melted and golden amber, swirling sugar in pan to cook evenly. (Do not stir.) Immediately drizzle melted sugar over nuts in pan to coat evenly. Cool praline completely in pan. When cool and hardened, break into 12 large pieces. While praline cools, in large bowl, with mixer on medium speed, beat cream until soft peaks form, 3 to 5 minutes.

- To serve, cut cake and divide slices among serving plates. Top each slice with dollop of whipped cream and shard of hazelnut praline.

-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.

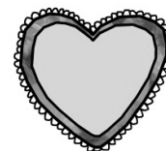
- Stay hydrated** – Drinking water helps with keeping your body hydrated and your lips too. Make sure you’re getting enough H2O every day.
- Take your vitamins** – B vitamins, niacin and riboflavin can help with skin health and your lips with see the benefit as well. Green vegetables such as chard, spinach, 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!

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**NEWSLETTER UPDATE:** *Please note that we will be going to quarterly newsletters after this month. We will still have monthly in-store specials so be sure to look when you stop in.*

### February Specials

		Reg.	Sale
	Leader Cranberry Tablets 450 mg – 50 count	\$7.13	\$5.59
	Leader Sentry Senior Multivitamin 100 count Mens 50+ Womens 50+	\$7.59	\$7.09
	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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