

heart to soul cardiac wellness

Heart to Soul Cardiac Wellness: Nurturing Your Heart, Mind, and Spirit

Are you ready to embark on a journey toward a healthier, happier heart? It's not just about cholesterol numbers and blood pressure readings; true cardiac wellness extends far beyond the physical. This post delves into the concept of "Heart to Soul Cardiac Wellness," exploring how nurturing your mind and spirit can profoundly impact your cardiovascular health. We'll explore practical strategies, dispel common myths, and empower you to take control of your heart's well-being—holistically. Get ready to discover a new level of heart health, encompassing body, mind, and soul.

Understanding the Holistic Approach to Heart Health: Beyond the Physical

Traditional approaches to heart health often focus on managing risk factors like high blood pressure and cholesterol. While crucial, this perspective overlooks a vital component: the interconnectedness of our physical, mental, and emotional well-being. Heart to Soul Cardiac Wellness recognizes that stress, anxiety, depression, and even loneliness can significantly impact cardiovascular health. Chronic stress, for example, elevates cortisol levels, increasing blood pressure and contributing to inflammation, both major risk factors for heart disease.

This holistic approach emphasizes a multifaceted strategy that includes:

Physical wellness: Maintaining a healthy weight, regular exercise (aim for at least 150 minutes of moderate-intensity aerobic activity per week), and a balanced diet low in saturated and trans fats, sodium, and added sugars.

Mental wellness: Practicing stress-reduction techniques like mindfulness meditation, yoga, or deep breathing exercises. Addressing underlying mental health conditions like anxiety and depression through therapy or medication as needed.

Emotional wellness: Cultivating positive relationships, fostering a strong sense of purpose and meaning, and engaging in activities that bring joy and fulfillment. Learning healthy coping mechanisms for dealing with stress and challenging emotions.

Spiritual wellness: Connecting with something larger than oneself, whether through religion, nature, art, or community involvement. Finding a sense of purpose and meaning in life contributes to overall well-being and can positively impact cardiovascular health.

Stress Management: The Cornerstone of Heart to Soul Wellness

Stress is a silent killer, slowly but surely impacting our cardiovascular system. Chronic stress triggers the release of hormones that increase heart rate, blood pressure, and inflammation. To truly embrace Heart to Soul Cardiac Wellness, mastering stress management is paramount.

Effective stress-reduction techniques include:

Mindfulness meditation: Regular practice can help calm the nervous system, reduce anxiety, and improve emotional regulation. Even short, 5-10 minute sessions can make a difference.

Deep breathing exercises: Simple breathing techniques like diaphragmatic breathing can quickly lower heart rate and blood pressure in stressful situations.

Yoga: Combines physical postures, breathing techniques, and meditation to promote relaxation and reduce stress.

Spending time in nature: Studies show that spending time outdoors reduces stress hormones and improves mood.

Progressive muscle relaxation: A technique involving tensing and releasing different muscle groups to relieve tension.

Nutrition for a Healthy Heart and Soul: Fueling Your Wellness

The food we eat directly impacts our cardiovascular health. A balanced diet rich in fruits, vegetables, whole grains, lean protein, and healthy fats is crucial.

Focus on:

Reducing saturated and trans fats: Found in red meat, processed foods, and fried foods, these fats raise LDL ("bad") cholesterol levels.

Limiting sodium intake: Too much sodium can raise blood pressure.

Increasing fiber intake: Fiber helps lower cholesterol and regulate blood sugar levels.

Choosing healthy fats: Include sources of omega-3 fatty acids like salmon, flaxseeds, and walnuts.

The Power of Connection: Social Support and Heart Health

Strong social connections are essential for Heart to Soul Cardiac Wellness. Loneliness and social isolation have been linked to increased risk of heart disease. Make an effort to nurture relationships with family, friends, and community. Participate in activities that foster connection and belonging.

Cultivating a Sense of Purpose: Finding Meaning and Joy

A sense of purpose and meaning in life is a powerful protective factor against cardiovascular disease. Engage in activities that bring you joy and fulfillment, whether it's volunteering, pursuing a hobby, or connecting with your spirituality.

Dispelling Myths about Heart Health

Many misconceptions surround heart health. Let's address some common myths:

Myth: Only older people get heart disease. Fact: Heart disease can affect people of all ages.

Myth: Heart disease is only a "men's problem." Fact: Heart disease affects both men and women, although symptoms may differ.

Myth: If I have a family history of heart disease, there's nothing I can do. Fact: While family history increases your risk, lifestyle changes can significantly reduce your chances of developing heart disease.

Taking Action: Your Heart to Soul Wellness Plan

Embracing Heart to Soul Cardiac Wellness is a journey, not a destination. Start by incorporating small, manageable changes into your daily routine. Schedule regular checkups with your doctor, prioritize stress management techniques, nourish your body with healthy foods, and cultivate meaningful connections.

Conclusion:

Heart to Soul Cardiac Wellness is about embracing a holistic approach to heart health, recognizing the profound interplay between physical, mental, and emotional well-being. By nurturing your mind, body, and spirit, you can significantly improve your cardiovascular health and overall quality of life. Remember, your heart deserves the best care—a care that extends far beyond the physical.

FAQs:

1. Can meditation really improve heart health? Yes, studies have shown that regular meditation can lower blood pressure, reduce stress hormones, and improve overall cardiovascular health.

1. What types of exercise are best for heart health? Aerobic exercises like brisk walking, jogging, swimming, and cycling are excellent for improving cardiovascular fitness.

1. How much sleep do I need for optimal heart health? Aim for 7-9 hours of quality sleep per night. Insufficient sleep can negatively impact heart health.

1. Is it too late to improve my heart health if I have existing risk factors? No, it's never too late to make positive changes. Even small lifestyle modifications can significantly improve your cardiovascular health, regardless of your current risk factors.

1. What should I do if I experience chest pain or other concerning symptoms? Seek immediate medical attention. Don't delay seeking help if you experience any symptoms that worry you.

heart to soul cardiac wellness: Heart to Soul Cardiac Wellness Mary Yuter, 2021-02-06 This is an empowering book for anyone who wants to prevent heart disease and for those with a history of heart disease-a book for us all. Those who have survived a heart attack or an open heart surgery and who manage their heart disease will find wisdom, hope, and a dedication to restore and maintain their heart health. Readers have peace of mind because they now have a plan to optimize their heart health. They are empowered because they have accessible tools to make lifestyle changes which will positively affect their feeling of wellness, and they have hope in knowing that they have the possibility to improve their health and vitality, starting where they are now, and that they are not alone on their wellness journey. Written as a heart-to-heart conversation from Mary to you, this relatable book is full of useful tips and concepts you can adopt easily. Working with the information in this book and the easy-to-follow steps to track your health progression will create positive, measurable health improvements. Heart to Soul Cardiac Wellness shows how you can make positive changes to your lifestyle and health to protect yourself from heart disease, while also optimizing your overall health. What makes Heart to Soul Cardiac Wellness unique is that it is an accessible 9-week comprehensive holistic heart health and wellness plan, complementing the science of Western medicine, created by a cardiac ICU nurse and endorsed by medical doctors. You are invited to join Mary's community of Cardiac Thrivers. Your heart will be uplifted!

heart to soul cardiac wellness: *The Heart of Wellness* Kavitha Chinnaiyan, 2020-11-06 Transform your relationship with habits, lifestyle, health, and disease using Dr. Kavitha Chinnaiyan's remarkable approach to health. The Heart of Wellness shows you how to optimize the workings of the body and mind so that the bliss of your true nature can be revealed. Presented in two parts, this book begins by exploring the nature of disease: the causative and risk factors, the role of diet,

exercise, and medication, and how Eastern and Western medical practices can come together. A holistic practice is then outlined, based on the author's successful Heal Your Heart Free Your Soul program, that will guide you toward good health and better living.

heart to soul cardiac wellness: Smart at Heart Dr. Malissa Wood, Dimity McDowell, 2011-12-27 A breakthrough mind-body program to build a strong, healthy, and happy heart, for women at risk for or diagnosed with heart disease, from the Harvard-trained cardiologist behind the Women's Heart Health Program at Massachusetts General Hospital. Heart disease is the number-one killer of American women, and prevention and healing require integrative approaches to address the whole heart—physical, emotional, and spiritual. Smart at Heart's holistic program includes strategies to improve heart health by addressing ten bridges that link the physical and emotional hearts, including the mental health, relationship, and communication bridges. This book guides readers through evaluating their current state of physical and emotional health and then empowers them with solutions to strengthen each bridge to create a healthy, whole heart.

heart to soul cardiac wellness: Mind Your Heart Aggie Casey, Herbert Benson, 2004-04-13 This book's groundbreaking Cardiac Wellness Program uses relaxation response techniques, nutrition, and exercise to reduce cholesterol, blood pressure, and other risk factors for heart disease.

heart to soul cardiac wellness: The Soul of Wellness Rajiv Parti, 2012 Former Chief of Anesthesiology at Bakersfield Heart Hospital and founder of the Pain Management Institute of California emerges from healing his own chronic pain and severe depression following a personal health crisis to advocate 12 holistic principles of wellness based on Eastern spiritual practices--

heart to soul cardiac wellness: The Heart Speaks Mimi Guarneri, 2007-01-02 An evaluation of the multi-faceted role of the heart considers its representation of emotions and spirituality, drawing on recent studies to reveal that the heart has its own intelligence and memory and operates independently from the brain.

heart to soul cardiac wellness: NO More Heart Disease Louis Ignarro, 2006-01-24 Dr. Louis Ignarro discovered the atom of cardiovascular health--a tiny molecule called Nitric Oxide. NO, as it is known by chemists, is a signaling molecule produced by the body, and is a vasodilator that helps control blood flow to every part of the body. Dr. Ignarro's findings led to the development of Viagra. Nitric Oxide has a beneficial effect on the cardiovascular system as well. NO relaxes and enlarges the blood vessels, prevents blood clots that trigger strokes and heart attacks, and regulates blood pressure and the accumulation of plaque in the blood vessels. Dr. Ignarro's current research indicates that Nitric Oxide may help lower cholesterol by facilitating the actions of statin drugs like Lipitor. The goal of the regimen presented in NO More Heart Disease is to age proof the cardiovascular system, keeping the vascular network clean and elastic through enhanced NO productivity. The plan is easy-to-follow without extreme lifestyle adjustments, involving taking supplements to stimulate Nitric Oxide production, incorporating NO friendly food into the diet, and a moderate exercise program.

heart to soul cardiac wellness: Heart: A History Sandeep Jauhar, 2018-09-18 The bestselling author of Intern and Doctored tells the story of the thing that makes us tick For centuries, the human heart seemed beyond our understanding: an inscrutable shuddering mass that was somehow the driver of emotion and the seat of the soul. As the cardiologist and bestselling author Sandeep Jauhar shows in Heart: A History, it was only recently that we demolished age-old taboos and devised the transformative procedures that have changed the way we live. Deftly alternating between key historical episodes and his own work, Jauhar tells the colorful and little-known story of the doctors who risked their careers and the patients who risked their lives to know and heal our most vital organ. He introduces us to Daniel Hale Williams, the African American doctor who performed the world's first open heart surgery in Gilded Age Chicago. We meet C. Walton Lillehei, who connected a patient's circulatory system to a healthy donor's, paving the way for the heart-lung machine. And we encounter Wilson Greatbatch, who saved millions by inventing the pacemaker—by accident. Jauhar deftly braids these tales of discovery, hubris, and sorrow with moving accounts of

his family's history of heart ailments and the patients he's treated over many years. He also confronts the limits of medical technology, arguing that future progress will depend more on how we choose to live than on the devices we invent. Affecting, engaging, and beautifully written, *Heart: A History* takes the full measure of the only organ that can move itself.

heart to soul cardiac wellness: The Food Prescription for Better Health : a Cardiologist's Proven Method to Reverse Heart Disease, Diabetes, Obesity, and Other Chronic Illnesses, Naturally! Baxter D. Montgomery, 2011 Are you or a loved one suffering from high blood pressure, diabetes, heart disease or some other chronic condition? If so, this book may just change your life. Did you know that many ailments considered incurable can be effectively treated through nutrition? Dr. Baxter Montgomery, an experienced cardiologist and expert in nutrition, has the proof in *The Food Prescription for Better Health*. Filled with sound scientific facts and easy to follow guidelines, this book will help you revolutionize your health. Book Features: Outlines the poor health condition of Americans Provides a detailed description of how the body works Tells the real story of what healthy food is, dispelling many myths Describes how proper nutrition is important for optimal health Provides a step-by-step approach to reverse your health problems using nutrition Shows scientific evidence for the efficacy of the program

heart to soul cardiac wellness: Take It to Heart Pamela Serure, 2008-12-24 "All my dreams, confidence, creativity, and healthy living could not protect me from where my heart was about to take me . . . which was not, as I'd often hoped, to the love of my life or all my dreams fulfilled, but to a 99 percent blockage of my arteries and triple bypass surgery. I had heart disease." —from *Take It to Heart* Nobody lived a healthier or more active life. She was the juicing guru to the stars. She exercised and ate right. But at forty-seven Pamela Serure, exhausted, in pain, and with diagnoses ranging from menopause to anxiety, discovered that she had heart disease. Lifestyle and diet couldn't correct what her genes had determined. With two days to get her affairs in order, Pamela prepared for triple bypass surgery to correct three almost completely clogged arteries. What the doctors missed and what most women don't seem to know is that heart disease is the number-one killer of American women. It kills more women than all the cancers combined. Traditional markers of heart disease, such as high cholesterol, may not apply to women. As a result, doctors consistently misdiagnose female patients with anxiety, digestive distress, or symptoms of menopause. Blindsided by her sudden bypass surgery, Pamela Serure turned her life-altering experience into a personal mission to help educate other women about this dangerous and far-reaching disease. In this book Pamela opens the door to her recovery process and tells readers what the doctors won't. She has found experts to offer advice so that readers will know exactly what to look for and what tests to demand. Women share stories of how they persisted in having the cardiac tests run that saved their lives and others share stories of women they lost because of a missed diagnosis. Comforting, funny, and soulful, this is the book that will empower women to take charge of their heart health. As Pamela says, "These days heart disease has all my attention, as it should have yours."

heart to soul cardiac wellness: Body on Fire Monica Aggarwal MD, Jyothi Rao, MD, 2020-08-19 Inflammation is the body's natural response to injury or illness, but long-term inflammation can silently turn on us, becoming a danger to our health. This guide explains how chronic inflammation damages cells and can lead to asthma, cancer, diabetes, heart disease, rheumatoid arthritis, and even Alzheimer's disease. Fortunately, there are natural solutions to keep chronic inflammation in check. Our food choices can make a crucial difference. Learn how to design an anti-inflammatory diet based on health-protective plant-based foods with high concentrations of phytochemicals and other essential inflammation-fighting nutrients. Then enjoy a few delicious, easy-to-prepare recipes that reveal how to incorporate a wide variety of these power-packed foods into everyday dishes.

heart to soul cardiac wellness: Cardiac Nursing Debra K. Moser, Barbara Riegel, 2007-08-08 *Cardiac Nursing: A Companion to Braunwald's Heart Disease* is the only comprehensive text available for cardiac nurses. This brand-new reference emphasizes both evidence-based practice and hands-on care in a high-tech, high-touch approach that meets the high-stakes needs of cardiac and

critical care nurses. What's more, the book makes the material easily accessible by using clear language, straightforward text, and plenty of illustrations, lists, and tables. This book is the third in a series of companion texts for Braunwald's Heart Disease and the first specifically for nurses. Authored by the widely published, well-known co-editors of *The Journal of Cardiovascular Nursing*--two leaders in cardiac nursing. Endorsed by the authors of Braunwald's Heart Disease, including Eugene Braunwald, the physician considered by many to be the father of modern cardiology. Evidence-based Practice boxes highlight research-supported advances in knowledge and care practices. Conundrum boxes helps readers hone their critical thinking skills by tackling tough questions for which there may be no easy answers. Technology boxes keeps readers up to date with the latest technological advances. Genetics boxes helps readers understand connections between genes and heart disease. Pharmacology tables present important drug-related information at a glance. A guide to cardiac abbreviations and acronyms gives nurses quick access to essential information.

heart to soul cardiac wellness: *Chicken Soup for the Soul Healthy Living Series: Heart Disease* Jack Canfield, Mark Victor Hansen, 2013-04-09 Endorsed and supported by the Hope Heart Institute, this new series from Chicken Soup for the Soul presents inspirational stories followed by positive, practical medical advice for caregivers and patients. This audiobook features the perfect blend of emotional support and vital information about heart disease, including material regarding: • Understanding Your Diagnosis • Working With Your Doctor • Blood Pressure and Cholesterol • The DASH Diet • Smart Exercise • Alternative Treatments • Surgery and Other Options • Attitude and Health • Cardiac Rehab • Living Better with Heart Disease than You Ever Have Before

heart to soul cardiac wellness: *The Heart of Wellness* Kavitha M Chinnaiyan, 2018-01-08 Discover the Healing Power of Bliss Rx Transform your relationship with habits, lifestyle, and disease using Dr. Kavitha Chinnaiyan's remarkable approach to health. Integrating modern medicine and the ancient wisdom of Yoga, Vedanta, and Ayurveda, *The Heart of Wellness* shows you how to break free of the false assumption that disease is something you need to fight. Instead, you'll explore the mind-body connection and your true nature so that you can end suffering and embrace the unlimited bliss of who you are. You'll begin by examining the nature of disease: the causative and risk factors, the role of diet, exercise, and medication, and how Eastern and Western medical practices can come together. A holistic and self-paced practice is outlined, based on the author's successful Heal Your Heart Free Your Soul program. With it you'll learn to reduce stress, attend to inner needs with meditation and breathwork, declutter your outer life, increase forgiveness and gratitude, and so much more. Praise: [The Heart of Wellness] is a must-read for anyone who wants to truly understand what it means to live whole-heartedly—regardless of one's state of health.—Christiane Northrup, MD, New York Times bestselling author of *Goddesses Never Age* Along with her expert modern medical knowledge, [Kavitha] has brought compassion, gratitude, and Vedic wisdom in a clinical, helpful way to bring about total health.—Vasant Lad, BAMS, MASc, Ayurvedic physician and author of *The Complete Book of Ayurvedic Home Remedies*

heart to soul cardiac wellness: *108 Pearls to Awaken Your Healing Potential* Mimi Guarneri, M.D., 2017-04-11 What guides your everyday life? In many cultures, you might use prayer beads such as the rosary or the 108-bead mala as a guide in your spiritual or meditative practice. In this book, Dr. Mimi Guarneri blends modern science and ancient wisdom to offer her own guide of 108 pearls—steps you can take to awaken the healing potential of your body, mind, and spirit. Drawing from her experience as an internationally renowned cardiologist, scholar, author, and leading proponent of integrative medicine, Dr. Guarneri translates the science of health, healing, and longevity into practical answers to lead you to physical, emotional, mental, and spiritual health. With the guide of the 108 pearls in this book, you will understand why your genes do not determine your destiny; how to adopt a damage-proof diet; how to turn stress into strength; how to achieve holistic mental health; how to nourish your relationships; how to tap into the healing power of your thoughts; and how to strengthen your spirituality and heal your energy body. Most importantly, you will understand how to use what you've learned to help heal our planet. Once you realize that

wellness is the result of an intimate dance between ourselves and our world, you'll move from just surviving to thriving!

heart to soul cardiac wellness: *The Great Cholesterol Myth, Revised and Expanded* Jonny Bowden, Stephen T. Sinatra, M.D., F.A.C.C., C.N.S., 2020-08-04 The best-selling book on heart disease, updated with the latest research and clinical findings on high-fat/ketogenic diets, sugar, genetics, and other factors. Heart disease is the #1 killer. However, traditional heart disease protocols—with their emphasis on lowering cholesterol—have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as ineffective low-fat/high-carb diets and serious, side-effect-causing statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. The Great Cholesterol Myth reveals the real culprits of heart disease, including: inflammation, fibrinogen, triglycerides, homocysteine, belly fat, triglyceride to HDL ratios, and high glycemic levels. Best-selling health authors Jonny Bowden, PhD, and Stephen Sinatra, MD, give readers a four-part strategy based on the latest studies and clinical findings for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Myths vs. Facts Myth: High cholesterol is the cause of heart disease. Fact: Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease. Myth: Saturated fat is dangerous. Fact: Saturated fats are not dangerous. The killer fats are the trans fats from partially hydrogenated oils. Myth: The higher the cholesterol, the shorter the lifespan. Fact: Higher cholesterol protects you from gastrointestinal disease, pulmonary disease, and hemorrhagic stroke. Myth: High cholesterol is a predictor of heart attack. Fact: There is no correlation between cholesterol and heart attacks. Myth: Lowering cholesterol with statin drugs will prolong your life. Fact: There is no data to show that statins have a significant impact on longevity. Myth: Statin drugs are safe. Fact: Statin drugs can be extremely toxic including causing death. Myth: Statin drugs are useful in men, women, and the elderly. Fact: Statin drugs do the best job in middle-aged men with coronary disease. Myth: Statin drugs are useful in middle-aged men with coronary artery disease because of its impact on cholesterol. Fact: Statin drugs reduce inflammation and improve blood viscosity (thinning blood). Statins are extremely helpful in men with low HDL and coronary artery disease.

heart to soul cardiac wellness: Open Heart Stephen Westaby, 2017-06-20 In gripping prose, one of the world's leading cardiac surgeons lays bare both the wonder and the horror of a life spent a heartbeat away from death When Stephen Westaby witnessed a patient die on the table during open-heart surgery for the first time, he was struck by the quiet, determined way the surgeons walked away. As he soon understood, this detachment is a crucial survival strategy in a profession where death is only a heartbeat away. In *Open Heart*, Westaby reflects on over 11,000 surgeries, showing us why the procedures have never become routine and will never be. With astonishing compassion, he recounts harrowing and sometimes hopeful stories from his operating room: we meet a pulseless man who lives with an electric heart pump, an expecting mother who refuses surgery unless the doctors let her pregnancy reach full term, and a baby who gets a heart transplant-only to die once it's in place. For readers of Atul Gawande's *Being Mortal* and of Henry Marsh's *Do No Harm*, *Open Heart* offers a soul-baring account of a life spent in constant confrontation with death.

heart to soul cardiac wellness: *Surviving with Heart* Darrell Trout, Ellen Welch, 2002 *Surviving with Heart* provides detailed and current information on heart disease.

heart to soul cardiac wellness: Science of the Heart - Exploring the Role of the Heart in Human Performance Rollin McCraty, 2015

heart to soul cardiac wellness: *The Song of the Cell* Siddhartha Mukherjee, 2022-10-25 Winner of the 2023 PROSE Award for Excellence in Biological and Life Sciences and the 2023 Chautauqua Prize! Named a New York Times Notable Book and a Best Book of the Year by The Economist, Oprah Daily, BookPage, Book Riot, the New York Public Library, and more! In *The Song*

of the Cell, the extraordinary author of the Pulitzer Prize-winning *The Emperor of All Maladies* and the #1 New York Times bestseller *The Gene* “blends cutting-edge research, impeccable scholarship, intrepid reporting, and gorgeous prose into an encyclopedic study that reads like a literary page-turner” (Oprah Daily). Mukherjee begins this magnificent story in the late 1600s, when a distinguished English polymath, Robert Hooke, and an eccentric Dutch cloth-merchant, Antonie van Leeuwenhoek looked down their handmade microscopes. What they saw introduced a radical concept that swept through biology and medicine, touching virtually every aspect of the two sciences, and altering both forever. It was the fact that complex living organisms are assemblages of tiny, self-contained, self-regulating units. Our organs, our physiology, our selves—hearts, blood, brains—are built from these compartments. Hooke christened them “cells.” The discovery of cells—and the reframing of the human body as a cellular ecosystem—announced the birth of a new kind of medicine based on the therapeutic manipulations of cells. A hip fracture, a cardiac arrest, Alzheimer’s dementia, AIDS, pneumonia, lung cancer, kidney failure, arthritis, COVID pneumonia—all could be reconceived as the results of cells, or systems of cells, functioning abnormally. And all could be perceived as loci of cellular therapies. Filled with writing so vivid, lucid, and suspenseful that complex science becomes thrilling, *The Song of the Cell* tells the story of how scientists discovered cells, began to understand them, and are now using that knowledge to create new humans. Told in six parts, and laced with Mukherjee’s own experience as a researcher, a doctor, and a prolific reader, *The Song of the Cell* is both panoramic and intimate—a masterpiece on what it means to be human. “In an account both lyrical and capacious, Mukherjee takes us through an evolution of human understanding: from the seventeenth-century discovery that humans are made up of cells to our cutting-edge technologies for manipulating and deploying cells for therapeutic purposes” (The New Yorker).

heart to soul cardiac wellness: *God on a Harley* Joan Brady, 2015-09-29 The beloved modern classic about a woman who finds love—and herself—from an unexpected source. At thirty-seven, Christine Moore has an overwhelming case of burnout with a frustrating career, a few dead-end romances, and a less-than-perfect figure. Little does she know her life is about to change in a way she could’ve never imagined. “Come out of the shadows, Christine. You’ve spent far too much time hiding in shadows.” These words are spoken to her by a gorgeous man astride a 1340cc Harley-Davidson, mysteriously parked on a moonlit beach near her home. Inexplicably drawn to this stranger—who seems to know everything about her—Christine finds herself surrendering to his words. So begins her remarkable voyage of the spirit that sets her heart and soul free. Suddenly appreciating every precious moment of life, Christine discovers the six wondrous steps that lead to ultimate peace and joy. “A whimsical tale of a journey toward spiritual fulfillment” (Publishers Weekly), *God on a Harley* is the perfect gift for everyone who’s had a broken heart but still believes in genuine happiness. Need a lift?

heart to soul cardiac wellness: The Wellness Book Herbert Benson, Eileen M. Stuart, 1993-10 A comprehensive guide to maintaining health and treating stress-related illness. Boston-based Benson and Stuart offer proven techniques developed by the Mind/Body Institute for exercise, diet, and stress management to help readers cope with many common conditions. Includes how-to illustrations and case histories.

heart to soul cardiac wellness: Undo It! Dean Ornish, M.D., Anne Ornish, 2022-01-04 NATIONAL BESTSELLER • By the pioneer of lifestyle medicine, a simple, scientifically program proven to often reverse the progression of the most common and costly chronic diseases and even begin reversing aging at a cellular level! Long rated “#1 for Heart Health” by U.S. News & World Report, Dr. Ornish’s Program is now covered by Medicare when offered virtually at home. Dean Ornish, M.D., has directed revolutionary research proving, for the first time, that lifestyle changes can often reverse—undo!—the progression of many of the most common and costly chronic diseases and even begin reversing aging at a cellular level. Medicare and many insurance companies now cover Dr. Ornish’s lifestyle medicine program for reversing chronic disease because it consistently achieves bigger changes in lifestyle, better clinical outcomes, larger cost savings, and greater

adherence than have ever been reported—based on forty years of research published in the leading peer-reviewed medical and scientific journals. Now, in this landmark book, he and Anne Ornish present a simple yet powerful new unifying theory explaining why these same lifestyle changes can reverse so many different chronic diseases and how quickly these benefits occur. They describe what it is, why it works, and how you can do it: • Eat well: a whole foods, plant-based diet naturally low in fat and sugar and high in flavor. The “Ornish diet” has been rated “#1 for Heart Health” by U.S. News & World Report for eleven years since 2011. • Move more: moderate exercise such as walking • Stress less: including meditation and gentle yoga practices • Love more: how love and intimacy transform loneliness into healing With seventy recipes, easy-to-follow meal plans, tips for stocking your kitchen and eating out, recommended exercises, stress-reduction advice, and inspiring patient stories of life-transforming benefits—for example, several people improved so much after only nine weeks they were able to avoid a heart transplant—Undo It! empowers readers with new hope and new choices. Praise for Undo It! “The Ornishes’ work is elegant and simple and deserving of a Nobel Prize, since it can change the world!”—Richard Carmona, M.D., MPH, FACS, seventeenth Surgeon General of the United States “If you want to see what medicine will be like ten years from now, read this book today.”—Rita F. Redberg, M.D., editor in chief, JAMA Internal Medicine “This is one of the most important books on health ever written.”—John Mackey, CEO, Whole Foods Market

heart to soul cardiac wellness: Heart and Soul Bruno Cortis, 1997 This groundbreaking book is the first by a medical doctor to teach how spirituality, love, joy, forgiveness, understanding, responsibility and laughter are as essential as medication in battling coronary disease. Heart & Soul delivers empowering strategies for nurturing and maintaining a mind-set of positive physical and spiritual well-being.

heart to soul cardiac wellness: The Plant-Based Solution Joel K. Kahn, MD, 2020-01-21 A passionate, compelling, and scientific argument for plant-based nutrition Are you ready to feel better, look better, and heal the planet at the same time? Then it’s time to revolutionize your health from the inside out. With The Plant-Based Solution, leading cardiologist Dr. Joel Kahn shows how everyone can cultivate optimal well-being with a whole-foods, plant-based diet. Now available in paperback, The Plant-Based Solution brings together a wealth of scientific research and in-depth case studies to clearly demonstrate how you can take charge of your own health. Join Dr. Kahn to explore: expanding compassion through vegan living; how plant-based eating impacts global warming; plants and your gut health; major religions and veganism; the surprising link between vegan diets and sex drive; reversing cancer and autoimmune disease; why plants might hold the key to better aging; and more!

heart to soul cardiac wellness: Integrative Cardiology Stephen Devries, James E. Dalen, 2011-02-03 Integrative Cardiology is an exploration of a new and much-needed perspective in cardiac care: the intelligent synthesis of conventional medicine with alternative approaches not typically part of Western medical curriculum. More than a blending of two approaches, this new perspective in cardiology highlights specific gaps in conventional heart care, and examines how alternative approaches may be ideally suited to address these missed opportunities. Cardiology is an ideal specialty for an integrative approach. Heart disease is largely preventable. The influence of nutrition, physical activity, metabolic factors, and emotional state on heart health is unmistakable, and the wide-angle lens of integrative medicine is an ideal model to address these multi-faceted needs. Most importantly, the focus of this work is directed at prevention. The approaches described in this book emphasize collaboration of the patient and health care provider--both seeking to obtain the best possible outcome taking into account the intangible, but vital, nuances of the patient's culture, beliefs, and preferences. The first section in this book describes the core elements of integrative cardiology, beginning with nutrition. Foundational chapters that follow include exercise, botanicals, aspirin, metabolic cardiology, acupuncture, spirituality, mind/body approaches, and energy medicine. Contributing authors, all of whom have a background in academic medicine, share the approaches they have found most effective in their own practices, referencing their work with the best scientific evidence available.

heart to soul cardiac wellness: *Change of Heart* Jodi Picoult, 2008-12-02 Can we save ourselves, or do we rely on others to do it? Is what we believe always the truth?

heart to soul cardiac wellness: *Wellness* Brent Q. Hafen, Werner W. K. Hoeger, 1997-08 Whenever students pick up a newsletter on wellness, they read health articles in magazines, or watch current health documentaries on television, they often see the mind-body connection discussed. As we move into the 21st century there is a real trend toward healing and staying well through behaviors. Anger, hostility, stress, loneliness, and self-esteem are just a few of the things that affect health. This text is ideal for professors who discuss any of these concepts with their students. This text covers the mind-body connection and self-responsibility.

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through techniques for managing stress and for dealing with anger, depression, and other harmful emotions. The book also discusses the special issues related to heart disease in women.

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heart to soul cardiac wellness: *Psychological Co-morbidities of Physical Illness* Sherry Pagoto,

2011-09-15 Evidence for the efficacy of behavioral approaches to the treatment and management of physical illness is mounting, as is the evidence for behavioral interventions for psychological disorders. A pressing question that remains is how to effectively treat co-morbid physical and psychological illnesses. Diseases co-occur more often than not, and the co-occurrence of physical and psychological illnesses is associated with greater impairment and healthcare costs. Unfortunately, the treatment literature has traditionally been disease-specific, with fewer insights and discoveries regarding the underlying processes of co-morbid physical and psychological illnesses, and even fewer of approaches to treatment. Research on co-morbidities between physical and psychological illnesses has focused primarily on depression. Quite extensive literatures describe the negative impact of depression on type 2 diabetes, cardiovascular disease, cancer, obesity, pain, and other physical illnesses. More recently, higher rates of physical illness have been documented in individuals with bipolar disorder, anxiety disorders, schizophrenia, and impulse control disorders. Studies emanating from the National Comorbidity Survey-Replication (NCS-R), the only U.S. population-based database that includes diagnostic information on all DSM-IV psychological disorders, have revealed strong links between a number of physical and psychological illnesses. These data draw attention to the prevalence of physical and psychological co-morbidities at the population level, which has stimulated research on the biobehavioral mechanisms of those co-morbidities, with the goal of developing and improving treatment approaches. As this area of research grows, practical resources are needed for clinicians and researchers who encounter individuals with co-morbid physical and psychological illnesses in their work. This book is the first to provide a comprehensive overview of psychological co-morbidities of physical illness, biological and behavioral mechanisms of those co-morbidities, and implications for treatment. Each chapter focuses on a physical condition, such as obesity, type 2 diabetes, HIV infection, tobacco dependence, cardiovascular disease, cancer, asthma, pain, irritable bowel syndrome, autoimmune disorders, and obstetric/gynecological conditions. Chapters are structured to cover 1) the epidemiology of the most prevalent co-morbid psychological disorders within that physical condition (e.g., depression and other mood disorders, anxiety disorders, psychotic disorders, impulse control disorders, and eating disorders; 2) biobehavioral mechanisms of the co-morbidity; 3) a review of the behavioral treatment literature including evidence-based practice guidelines (where available); and 4) treatment considerations including issues of stepped care, evidence-based treatment decisions, treatment sequencing, treatment blending, treatment interactions, and contraindications. Content is guided by available research evidence and relevant theoretical models, and it is presented in such a way as to inform clinical practice, identify important gaps in the research literature, and provide directions for future research. The book serves as a tool for clinicians and researchers who work in the area of behavioral medicine in medical, academic, and/or training settings. Patients with psychological and medical co-morbidities may be encountered by clinicians working in either mental health or medical settings, where the presenting problem could be either the psychological disorder or the medical disorder. As such, assessment and treatment issues are discussed from both perspectives. For the clinician, the book reviews brief assessment tools, provides practical summaries of the treatment outcome literature and treatment considerations (e.g., treatment sequencing, contraindications), and includes treatment decision hierarchies that help the clinician incorporate each facet of evidence-based decisions (the evidence, patient characteristics, and their own expertise). For the researcher, the book brings together the literature for the medical and psychological disorder, highlighting still unanswered research questions relevant to the co-morbidity. Literature relevant to the underlying biobehavioral mechanisms of the co-morbidity as well as treatment are summarized. While a vast literature exists for the treatment of these disorders in isolation, one important purpose of this book is to bring together this literature to uncover specific areas in need of future study that will further our understanding of why different disorders co-occur and the best ways to treat them when they do.

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