



DR. STEPHANIE'S GUIDE TO IMPROVING YOUR HEART

Heart problems are very commonly seen in my clinic. Through medical Chinese pulse diagnosis, we can tell if you have a heart condition even before symptoms arise. The heart is responsible for pumping blood throughout the whole body, which is a big job! If the heart is weak or blocked, it can cause problems in many other areas of the body. This is why acupuncture and Chinese herbs are so important when treating the heart. This handout will help you discover other ways you can improve your heart function in your daily life.

Symptoms associated with heart conditions include:

- anxiety
- fatigue
- insomnia
- poor circulation
- swelling
- palpitations
- chest pain
- varicose veins

FOOD THERAPY FOR THE HEART

Add these foods in your diet to benefit your heart:

- asparagus
- bone broth
- brussel sprouts
- celery
- chia seeds
- chives
- cucumbers
- dandelion
- dark leafy greens
- endive
- grapes
- green beans
- lettuce
- olive oil
- oysters
- persimmons
- raspberries
- red beets
- salmon
- squash
- spinach

Add these spices & herbs:

- basil
- cinnamon
- dill
- paprika
- parsley



ESSENTIAL OIL THERAPY FOR THE HEART

When using essential oils, remember that less is more! Essential oils are very powerful and only a very small amount is needed to achieve a great effect. It is always important to dilute the oils in a few drops of carrier oil (olive oil, safflower oil, coconut oil, or sweet almond oil) to avoid potential skin irritation. You can choose one or a combination of the oils listed below. Always choose therapeutic-grade essential oils, as cheaper oils will not offer these benefits. To order single oils, visit our website: <https://yldist.com/newdirection/>. You may also purchase our custom therapeutic blend of the oils below - *Open Heart*, available in our pharmacy.

How to use:

When using essential oils to improve the heart, I recommend applying them topically to the *chest, pads of the feet or to the inside of the wrists* (like a perfume). Oils can also be diffused before and during sleep to improve insomnia or during the day to improve anxiety.

Top essential oils to improve the heart:

Frankincense

- what it does:
 - invigorates blood, improves circulation, alleviates chest pain, calms anxiety, improves sleep

Vetiver

- what it does:
 - nourishes and invigorates blood, improves circulation, improves focus & concentration, improves ADD, calms anxiety, releases fear

Sandalwood

- what it does:
 - calms anxiety & panic attacks, improves restless sleep

Elemi

- what it does:
 - invigorates blood, stimulates circulation, alleviates chest pain or tightness, calms anxiety, improves sleep, improves shallow breathing



TEAS FOR IMPROVING THE HEART

Always choose organic teas when possible to avoid chemicals and pesticides.

Teas for the heart:

- **skullcap tea**
 - calms anxiety, improves worry that interferes with sleep, relaxes nervous tension & eases nerve pain
- **valerian root tea**
 - treats insomnia, anxiety & stress, relaxes muscle spasms & cramps, regulates blood pressure
- **catnip tea**
 - calms restless sleep, relieves stress & anxiety, detoxifies the body, reduces inflammation, relieves menstrual cramps, relieves headache/migraines

TIBETAN MEDICINAL FOOT SOAKS FOR THE HEART

New Direction's Tibetan Medicinal foot soaks are an excellent way to have an at-home treatment to improve circulation through the heart. The herbs are absorbed trans-dermally and work by increasing the pumping action of the heart to improve your circulation systemically. In addition, the herbs in the foot soak formula also have a calming effect, help to lower high blood pressure, decrease inflammation, regulate heart rate, alleviate pain and arthritis, and much more. Foot soaks should be done everyday for 30 minutes in a course of 10-30 treatments for optimal benefits. Click [here](#) to learn more!

EXERCISE FOR THE HEART

Walking daily for a minimum of 30 minutes is very important to help with heart health. Interval training, weight training and/or short distance jogging is fine; however, long distance and marathon running should be avoided due to the strain it puts on the heart from the large increase in blood volume.