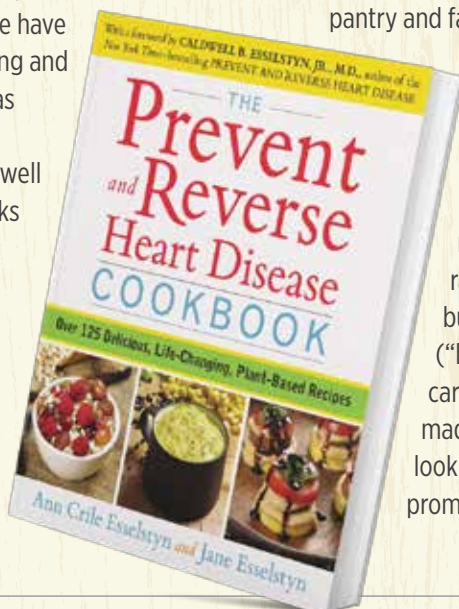


# Have a heart

February is a natural time to talk about your heart. This edition is packed with information to help you live in a way that corrects disease, improves function and promotes health.

## Ethos Primary Care Announces its NEW onsite Resource Library.

Come browse and learn about mouth-watering plant-based delights, the scientific knowledge we have concerning healthy living and how practicing yoga has many benefits for the health of our minds as well as our bodies. The books provide ideas and inspiration on ways to continue your journey to maximum health. This month we are highlighting “The Prevent and Reverse Heart Disease



Cookbook” by Ann Crile Esselstyn and Jane Esselstyn, ©2014. This book includes “Our 12-Step Program for Plant-Perfect Eating” as well as suggestions on how to stock your pantry and favorite kitchen tools.

Page through over 125 delicious, life-changing, plant-based recipes such as no-egg Omelets, waffles, corn chowder, mango salsa, Waldorf salad, raspberry salad dressing, burritos, nori rolls, carrot dogs (“hot dogs” made out of carrots), and desserts like cake made out of kale. These recipes look delicious, are simple, and promote heart health. 🌱

## ASK THE DOCTOR:

### TELL ME ABOUT HIGH BLOOD PRESSURE

#### WHAT IS BP (Blood Pressure)?

As your heart pumps, it sends nutrients through your body with a series of pipes (arteries). BP is the pressure of the blood in those arteries. The first number (systolic) is when the heart is pumping and the second number (diastolic) is when the heart is momentarily at rest.

#### WHAT DO BP NUMBERS MEAN?

Normal = less than 120/less than 80.  
Hypertension is above or equal to 140/90.  
Desirable is 110 or as low as possible/70 or below. When you are healthy, the lower the blood pressure, the better.



#### WHAT ABOUT HIGH BLOOD PRESSURE?

Your heart must work harder when the resistance (pressure) in those arteries increases to force blood through to every organ and tissue of the body. High blood pressure is a signal your arteries have become stiffened and clogged up (Arteriosclerosis) due to poor dietary habits. Many physicians prescribe medications to treat chronic high blood pressure (Hypertension), however this only masks the symptom and does not treat the underlying problem. Other long term consequences may also occur such as kidney problems, vision changes and loss, a weakened heart muscle, and stroke. Address the actual root problem: poor dietary habits.

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# A HOMOCYSTEINE-BUSTING RECIPE

**Homocysteine is an amino acid your body makes to build protein so it can function properly.** When the amount of homocysteine in your blood is too high, it can damage blood vessels and lead to arteriosclerosis as well as cause blood clots to form. It is now known as a risk factor for cardiovascular disease (Heart Attack and Stroke) and is thought to be a factor in both Alzheimer's Disease and Osteoporosis. A desirable homocysteine blood level is less than 10 mmol/L and if it is 6 or less, it is excellent. You can have a genetic deficiency that leads to high homocysteine levels in your blood, however, more often it is caused by a diet deficient in Folate and Vitamins B6 and B12. These nutrients assist your body to make cysteine, an anti-oxidant that helps cells properly use protein and metabolizes Copper, Iron and Zinc. Good sources of Folate and Vitamin B6 are leafy greens, beans, and various nuts, seeds and vegetables. There is no Vitamin B12 in the recipe below which is also needed to lower your homocysteine blood levels, so you need to eat foods like this PLUS take Vitamin B12 as a supplement. 🌱

## SHOPPING CART STEW

(makes 10 / 2 cup servings) by Ethos staff using many references.

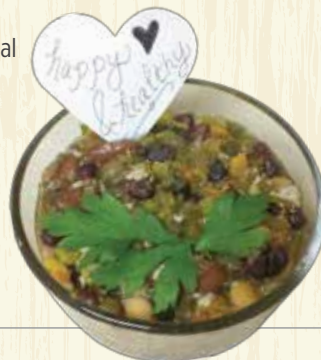
### Ingredients

- 1 large onion
- 2 cloves of garlic
- 1 jalapeno pepper, seeded
- 1 serrano pepper, seeded
- 2 green bell peppers, seeded
- 1 apple
- 1 large sweet potato, cooked to soften
- 8 oz of white mushrooms
- 16 oz of tomatoes
- 2 celery stalks
- 2 carrots
- 1 medium zucchini
- 1 cup spinach
- 1 cup kale
- 1/2 cup parsley
- 1 can kidney beans
- 1 can black beans
- 1 can chickpeas
- 1 cup frozen corn
- 1 cup frozen peas
- 1 lb firm tofu, crumbled
- 2 bay leaves
- 2 tbsp chili powder
- 2 tsp coriander
- 1 tsp dried thyme
- 1/4 tsp cayenne pepper
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp freshly-ground black pepper
- 2 tbsp dijon mustard
- 2 tbsp balsamic vinegar
- 1 tsp lime juice
- 5 cups water



### Method

1. Water saute 1 large chopped onion over medium heat.
2. Using your food processor in "PULSE" mode, chop the garlic, peppers, apple, softened sweet potato, mushrooms, tomatoes, celery, carrots, zucchini, spinach, kale and parsley.
3. Open, rinse and drain canned kidney beans, black beans and chickpeas (all no-salt added).
4. Combine all ingredients in a big pot and cook over medium-high heat for 5 minutes. Cover and simmer on low heat for an additional 30-40 minutes. Remove the bay leaves and take half of the "stew" and blend in a food processor, return blended stew to the pot, stir and serve warm. Garnish with sliced avocado OR 1-2 tbsp of ground flax seeds if desired.



Dr. Weiss was recently featured in the January 2017 issue of New Jersey Monthly in the article "Powerful Medicine".

Dr. Weiss is shown walking through a "forest of tomatoes" in the Ethos Farm hoop house and talks about using "living medicines" combined with a "mindful approach" to health and wellness.

To access and read the complete article, please visit [ethoshealth.org/print-online](http://ethoshealth.org/print-online).

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### HOW CAN I LOWER MY BP?

The most assured and effective way to lower BP is to adopt a diet of whole, unrefined plant foods and to avoid foods from animal sources, excessive sodium and all processed foods. In Dr. Weiss' 30-Day Detox program, Dr. Weiss typically removes medications that treat Hypertension on day-one of the Detox. Plants are such powerful medications that he finds by the end of just 30 days, most patients' blood pressures are lower than they were on the anti-hypertensive medications. 🌱

If you have concerns regarding high blood pressure, please contact the Ethos Primary Care office at 908-867-0060 or visit us at [www.EthosHealth.org](http://www.EthosHealth.org)



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