

Cardiovascular Challenges

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Many times, we overlook just how important our hearts are.

The heart moves 6 quarts of blood through the body, 3 times every minute. This is *12,000 miles* a day; over 4 times the distance from coast to coast of the US! In an average lifetime the heart will beat an average of 2.5 billion times—100,000 times per day. Even at rest, the heart beats harder than a leg muscle while sprinting.

Because the heart's job is to deliver oxygen and nutrient rich blood to every cell in the body, it has to work very hard for you to be healthy! It makes sense, then, that if the heart isn't *successfully delivering what your body needs*, so many things can go awry. As a result, common cardiovascular challenges include high blood pressure, abnormal heart rhythms, valvular malfunction, high cholesterol, heart failure and heart attacks. If you are at risk for or have these conditions, you most likely know there's something more to taking care of your heart than to prevent further complications. That is why you are here.

As much as I'd love to say, "Take this pill and everything will be better," this is as far from the truth as possible! It's great to prevent further complications, but preventing means *actively* working to find the underlying cause of the condition:

Why do you have plaque in your arteries? Why do you have high blood pressure? Do you eat a significant amount of processed foods and sugars? Do you have food sensitivities, resulting in increased inflammation, damage to your arteries, and increased heart rate? Do you have heavy metals or chemicals in your body? Do you have hormone imbalances? Do you have too much STRESS in your life? *What is going on inside your body?*

This is where the true healing can happen. **Maybe your body is trying to tell you that something needs to change**, and it is using high blood pressure, high cholesterol, or heart attacks to tell you this. If you don't already have answers to your heart condition, use this article as a reminder that it is time to get those answers!

The heart can handle an amazing amount of stress, but after a while it just can't withstand it all. Call to schedule a Comprehensive New Patient Exam or free 15-minute consult to see if you are a good candidate for care. **Treat your heart to this!**

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<http://www.pbs.org/wgbh/nova/heart/heartfacts.html>

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