

## Leading Health Expert Shares Ten Tips For Protecting Your Heart

(NAPS)—Women across the country need to listen to their hearts. Heart disease is the single greatest health risk for women, with five times more women dying from heart attacks each year than breast cancer.

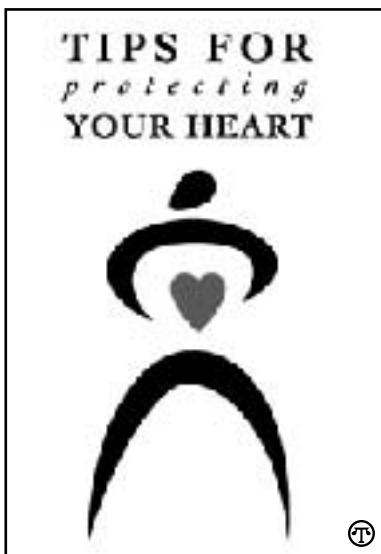
“There is no question that heart disease is a serious enemy, especially to women,” says Dr. Fredric J. Pashkow, professor of medicine at the University of Hawaii and author of the newly released *The Women’s Heart Book: The Complete Guide to Keeping Your Heart Healthy*. “The most ‘heartening’ news is that there are simple changes that can be made that will preserve and maximize the health of our hearts—even if you already have heart disease.”

Dr. Pashkow offers ten simple tips that are easy to implement.

**Be Heart Smart**—Know your cholesterol levels and family medical history to determine your risk for heart disease. Next, plan the changes you need to make to maintain your heart health and discuss your plans and any questions with your doctor.

**Lighten Up!**—Maintaining a healthy weight helps reduce the risk of heart disease. Create a healthy eating plan that reduces amounts of saturated fats and includes plenty of fresh vegetables and fruit, such as fresh grapefruit which is rich in fiber.

**Drink It Up**—Emerging research suggests that Vitamin C, an antioxidant vitamin found in grapefruit, may help to lower the risk of heart disease. Drinking a glass of grapefruit juice for breakfast can start your day off on a



heart healthy note. In fact, Ocean Spray Premium Grapefruit 100 percent Juices carry the Heart Check awarded by the American Heart Association.

**Pump It Up**—Get up and move to keep your heart active. Regular exercise—even as little as 15 minutes a day—can help maintain heart health. Start slow if you’re a beginner—park further away from the store and walk in or take a 15-minute walk at lunch.

**Don’t Worry, Be Happy**—A few easy stress relievers can have heart health benefits. When confronted with stress, concentrate on breathing to slow down and feel more in control. Step outside and take a break from your office or home.

**Butt Out**—If you smoke, you need to quit. Start by establishing milestones (two days without cigarettes, etc.) and reward yourself with things you enjoy. Also,

be sure to see your doctor who has great new tools to help you quit.

**Focus on You**—Pay attention to your heart and soul and make time just for you—and no one else. Take a bubble bath, a long walk, write in a journal or pamper yourself with an activity you enjoy. When you feel good inside, it helps you feel good on the outside.

**Love Is The Answer**—Love is a vital part of life and should be shared with others—so consider making someone else’s day.

**Make Someone’s Day**—A heartfelt gesture of giving not only helps someone else, but makes you feel good as well. Spend some time volunteering at a local shelter or your favorite charity.

**Catch Those ZZZs**—Restful sleep can boost your energy levels and rejuvenate you for each day. Keep your bedroom for sleep only—eliminate TV, bills, computers and work. Your body will be ready to relax into sleep mode as soon as you climb into bed.

**Don’t Get Disheartened**—Be careful not to set goals that are impossible to accomplish. Set reasonable “mini” goals on your way to the end goal, but don’t be disheartened if you fall short. If you fail at first, keep trying.

“Preventing heart disease requires making a commitment to carry out simple heart-healthy habits and practices each day,” says Dr. Pashkow. “By developing heart-healthy habits now, you may even end up living a longer, healthier life.”

For more information on grapefruit and grapefruit juice, visit [www.oceanspraygrapefruit.com](http://www.oceanspraygrapefruit.com).