

Do You Have an Angry Heart?

There are many factors we associate with the development of heart disease: obesity, smoking, stress, etc. But have you ever thought about what anger does to your heart?

Dr. Redford Williams of Duke University believes that, yes, chronic anger is a factor of heart disease. Ask yourself these questions. Do you remember irritating incidents and get mad all over again? When someone cuts you off in traffic, do you flash your lights and honk your horn? Are you often irritated by others incompetence?

People who find themselves getting angry several times a day, especially at little things...

- Are more likely to develop high blood pressure or coronary heart disease by age 50;
- Are more likely to die from any cause by age 50;
- Are more likely to become depressed;
- Are less likely to have satisfying relationships with other people;
- Are more likely to suffer an injury on the job that causes them to miss time at work;
- Are more likely to develop atrial fibrillation, a serious disturbance of the heart rhythm;
- Have larger blood pressure and adrenalin surges when angry.

All of these psychological, social and medical consequences of chronic anger have been documented in research published in top medical journals over the past 20 years.

Think about anger management. Talk about anger in an open and frank way. Fear is the basis of most anger. Ask yourself what you are fearing right now. Your heart will be grateful!

Stop Attacking Your Heart & Start Nurturing it!

We've all been taught that the heart pumps the blood through the circulatory system, but modern research shows that the heart is simply not strong enough to move the blood through the thousands of miles of blood vessels. Some research shows the blood moves on an electromagnetic wave and the heart sets the pace for this wave.

When we think of heart, most of us don't picture a pump. We think of emotions: giving our heart to someone, something being heartbreaking, matters of the heart... the list goes on. However, when the heart is diseased, most of us tend to completely ignore this deep emotional experience and act as if our feelings have little or nothing to do with our heart health. Yes, the physical factors contribute, but there are always emotional factors as well.

When we become critical of ourselves for feeling angry, hurt, sad, depressed, or afraid, we are attacking our heart. These feelings are emotions of the heart. To ignore, attack, suppress, or deny them is to attack our own heart. We have to find a healthy balance between our logic and our feelings, between our head and our heart.

We should always treat the heart emotionally as well as physically when dealing with heart problems. Supplements such as Co-Q10, magnesium, and l-carnitine can be really beneficial for the heart, but they can't help the emotional aspects.

If you are feeling this may be a factor for you, stop in. There are numerous herbs and supplements that can help your heart, and not just physically.