

February is Heart Health Awareness Month. According to the American Heart Association, one in every 3 people die of cardiovascular disease every year here in the U.S. That's over 600,000 people each year!

Due to the Standard American Diet (SAD), heart disease is no longer a condition of the elderly. Due to the rise in childhood obesity, both children and young adults have been diagnosed with some form of heart disease in recent years.

Let's be real! We know what we should be doing, right? If you're obese, have high blood pressure, smoke, drink alcohol, have diabetes or high cholesterol levels, your doctor has advised you to lose weight, stop smoking and drinking, eat healthier, and move more. There's so much information available to us now than ever before!

God gave each and every one of us the gift of choice. Unfortunately, many people with one or more of the above conditions choose NOT to:

- Discipline themselves
- Commit
- Be consistent
- Take responsibility
- Follow the doctor's instructions
- Take their prescribed medications as directed, etc.

Failure to do these things increases one's risk for future heart related hospitalizations, near fatal and fatal cardiovascular episodes. There is a strong correlation between our physical and spiritual heart health! Failure to discipline ourselves, commit, be consistent, own up and take responsibility says a lot about the state of our spirit man (heart) as well.

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