

Heart Health

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In the broadest context, the heart is more than just a pump: it is considered in many cultures to be the place where love resides. The heart (Latin *cor*) is said to be at the core of our being. In the schema of the chakras, it is located at the heart chakra, the place where the energy of the three upper chakras and the three lower charkas unite.

Blood vessels and their fluid content can be seen as your body's communication and delivery system (along with the lymphatics). When there is a disturbance in the form of emotional, psychological, or physical stress, symptoms such as **lowered or raised blood pressure, irregular heartbeats, or dizziness** may be produced by the cardiovascular system which, because of its vital role, affects every other system. For this reason, it is difficult to speak about heart disease in a general way.

Most people with high blood pressure feel fine and only find out they have a problem during a routine exam or doctor's visit for another problem. Blood pressure normally fluctuates throughout the day, however, if it stays consistently high, hypertension is the diagnosis. If blood pressure readings are moderately high, changes in lifestyle, such as losing extra weight, taking regular exercise, eating a low-fat diet that includes more fruits, vegetables, whole grains, and low-fat dairy foods, and limiting alcohol and tobacco intake will help correct it. In addition, choosing fresh, unprocessed whole foods provides a good source of potassium for a stronger heart and vascular system. Stress-reducing techniques can balance out the effects of our fast-paced, multi-tasking lifestyles.

Although a healthy lifestyle promotes healthy heart function, there may be other contributing factors: a family history of heart disease, sleep apnea and sleep-disordered breathing, depression, and long term use of certain common medications. When lifestyle changes are not enough, complementary and alternative therapies offer invaluable support to the individual's own innate ability to heal.

Homeopathy understand the meaning of symptoms in all of their complexity and interconnectedness and treating disease in the context of the whole person. When a homeopathy professional selects the correct homeopathic remedy, the intensity and frequency of symptoms are gently reduced until harmony in all of the body's systems is permanently restored.