

# PALM BEACH HEALTH CENTER

THE GOLDEN  
RULE:  
**Scan Every Time**  
Don't forget to  
scan your QR Code!

Heart health is often reduced to a single number on a lab report—usually your total cholesterol. But the truth is, your cardiovascular fitness is far more complex than a single value. It is influenced by how your entire body functions together.

If you've ever been told your "labs are normal" but you still feel fatigued, breathless, or "off," it's time to look at what your standard blood work isn't telling you.

## ***The Functional Connection: Beyond the Standard Panel***

Supporting your heart means supporting the systems that fuel it. At Palm Beach Health Center, we look for the hidden "red flags" that standard tests often miss:

- **Inflammation Levels (CRP):** Your heart doesn't just fail; it becomes inflamed. Chronic inflammation can damage arterial walls long before cholesterol ever becomes an issue.
- **Blood Sugar Balance (A1c & Insulin):** High blood sugar "caramelizes" your blood vessels, making them brittle. If your glucose isn't regulated, your heart has to work twice as hard.
- **Nutrient Availability:** Your heart is a muscle that requires massive amounts of Magnesium, CoQ10, and B-Vitamins to contract. If you are deficient, your "pump" simply loses its prime.
- **Energy Production (NAD+):** The heart has the highest concentration of mitochondria in the body. If your cellular energy is low, your cardiovascular endurance suffers.

## **Building a "Resilient" Heart**

True cardiovascular protection comes from addressing the Root Causes of dysfunction, not just masking symptoms. This week, we are focusing on the "Master Systems" that keep your heart strong:

### **1. Neurological Tone**

- Your heart rhythm is controlled by your autonomic nervous system. Misalignments in the upper thoracic spine can "scramble" the signals between your brain and your heart. Regular Chiropractic Adjustments ensure the communication lines are clear, supporting healthy blood pressure and heart rate variability (HRV).

## 2. Metabolic Momentum

A sluggish thyroid or hormonal imbalance can slow down your heart rate and cause fluid retention. By optimizing your Thyroid and Hormones (HRT), we ensure your heart has the metabolic "green light" to perform at its peak.

## 3. Advanced Support: Peptides & Hydration

- BPC-157: Supports the repair of the endothelial lining of your blood vessels.
- Hydration: Remember, water is the ultimate "blood thinner." Thick, dehydrated blood is the #1 stressor on a struggling heart.

*Don't settle for "normal" labs when you can have Optimal Health.*  
Knowing your true markers is the first step toward a bulletproof heart. We will run a comprehensive functional panel to check your inflammation, insulin, and nutrient markers so we can create a personalized roadmap for your heart health using the data your standard MD might be missing.

**Ready to see what your labs are really saying?**  
**Call or stop by the front desk and see Jodi or Laura,**  
and don't forget to RSVP for our "Master Regulator & The Master Pump"  
Masterclass later this month!

# Rustic White Bean & Greens Heart Healthy Soup

## Ingredients

- 1 Tablespoon olive oil
- 2 carrots diced
- 1 small onion diced
- 2 garlic cloves minced
- 2 cups collard greens, kale and/or cabbage chopped
- 1/2 cup cooked ham (optional) diced
- 1 can white beans, pinto beans, black eyed peas, or favorite beans rinsed and drained
- 4 cups low sodium chicken or vegetable broth
- 1 Tablespoon coconut aminos (or soy sauce) or to taste
- 1 Tablespoon apple cider vinegar or to taste
- 2 cups fresh spinach leaves optional
- 1 cup cubed cornbread

## Instructions

### For the Soup

- In a 2 or 3 quart heavy pot or dutch oven, heat olive oil over medium heat. Add diced carrot and onion and sauté until just tender, about 7-10 minutes. Add garlic and cook an additional minute.
- Add collard greens (or kale or cabbage) and sauté another 10 minutes or until just tender. Add ham (if using), rinsed beans and broth. Bring to a gentle simmer. Add coconut aminos (or soy) and apple cider vinegar, adjust to taste. Finish by adding fresh spinach just before serving.
- Serve in big bowls topped with cornbread croutons (optional).

### For the Cornbread Croutons

- Preheat oven to 400° F. Cut cornbread into 1-inch cubes. Spread in a single layer on a baking sheet. Bake for 10-12 minutes, turning halfway through cooking time.

Recipe from [lemonythyme.com](http://lemonythyme.com)

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