

Stay Health Fitness Wellness Healthy Weekly

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What It Means When You Wake Up With A Racing Heart!

Waking up with a racing heart can be a scary and unpleasant experience. You may wonder if you are having a heart attack or if something is seriously wrong with your health. However, there are many possible causes of this symptom, and most of them are not life-threatening. In this article, we will explore some of the common reasons why you may wake up with a racing heart, and what you can do to prevent or treat it.

One of the most common causes of waking up with a racing heart is anxiety or stress. Anxiety can trigger the release of adrenaline, a hormone that prepares your body for fight or flight. Adrenaline increases your heart rate, blood pressure, breathing and muscle tension. If you have anxiety or stress before going to bed, or if you have a nightmare or a disturbing dream, you may wake up feeling anxious and with a racing heart.

Another possible cause of waking up with a racing heart is sleep apnea, a condition where your breathing stops and starts repeatedly during the night.

Sleep apnea can reduce the oxygen level in your blood, which can make your heart work harder to pump oxygen to your organs. Sleep apnea can also disrupt your sleep cycle, which can affect your heart rhythm and blood pressure. If you snore loudly, gasp for air, or feel tired during the day, you may have sleep apnea and should consult your doctor.

Other factors that can contribute to waking up with a racing heart include caffeine, alcohol, nicotine, medications, hormonal changes, dehydration, low blood sugar, thyroid problems, heart conditions and other medical issues. If you experience this symptom frequently or if it is accompanied by chest pain, shortness of breath, dizziness, fainting or other serious signs, you should seek medical attention as soon as possible.

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To prevent or reduce waking up with a racing heart, you can try some of the following tips:

- - Practice relaxation techniques before bed, such as deep breathing, meditation, yoga or listening to soothing music.
- - Avoid caffeine, alcohol and nicotine at least four hours before bedtime.
- - Limit your screen time and exposure to bright light before bed.
- - Maintain a regular sleep schedule and follow good sleep hygiene habits.
- - Exercise regularly but not too close to bedtime.

- - Drink enough water and eat balanced meals throughout the day.
- Manage your stress levels and seek professional help if you have anxiety or depression.
- - Follow your doctor's advice and take your medications as prescribed.

Waking up with a racing heart can be alarming, but it is not always a sign of a serious problem. By understanding the possible causes and taking steps to improve your sleep quality and overall health, you can reduce this symptom and enjoy a more restful night. **Content by Richard Baye M.D.**



If you are looking for a simple way to improve your well-being, you might want to consider adding some house plants to your indoor environment. House plants are not only aesthetically pleasing, but they also offer a range of health benefits that can enhance your physical and mental health.

According to various studies, house plants can help you reduce stress levels, sharpen your attention, recover faster from illness, and purify the air you breathe. Here are some of the ways house plants can improve your health:

- House plants can help you reduce stress levels by making you feel more comfortable, soothed, and natural. A study published in the Journal of Physiological Anthropology found that participants who repotted a house plant had lower heart rate and blood pressure than those who did a computer task .
- House plants can sharpen your attention by stimulating your brain activity and increasing your oxygen intake. A small study involving 23 students showed that those who studied with a real plant in the classroom were more attentive and better able to



concentrate than those who studied with a fake plant, a photograph of a plant, or no plant at all .

- House plants can help you recover faster from illness by providing a positive distraction and a soothing view. A 2002 review of the research revealed that patients who had plants or flowers in their hospital rooms needed less pain medication and had shorter hospital stays than those who did not .
- House plants can purify the air you breathe by removing harmful toxins and pollutants. The NASA Clean Air Study found that some plants could eliminate volatile organic compounds (VOCs) from the air through photosynthesis . VOCs are emitted from various sources, such as paints, varnishes, flooring materials, smoke, and more, and can cause headaches, nausea, irritation, and other health problems .

As you can see, house plants are more than just decorative items. They are living organisms that can interact with your body, mind, and environment in ways that improve your quality of life. So why not bring some greenery into your home or office and enjoy the benefits of indoor gardening?

Houseplants are not only decorative, but they can also improve your health in various ways. In this article, we will explore some of the best houseplants for your health and how to care for them.

Some of the benefits of having houseplants in your home include:

- They purify the air by removing toxins and pollutants, such as formaldehyde, benzene, and carbon monoxide.
- They increase humidity and reduce dryness, which can help with respiratory problems, allergies, and skin irritation.

- They reduce stress and anxiety by creating a calming and relaxing atmosphere.
- They boost your mood and productivity by enhancing your creativity, concentration, and memory.

Some of the best houseplants for your health are:

- **Aloe vera:** This succulent plant has healing properties that can soothe burns, cuts, and insect bites. It also removes formaldehyde from the air and requires minimal watering.
- **Snake plant:** This hardy plant can survive in low light and low humidity conditions. It releases oxygen at night and removes benzene, formaldehyde, and xylene from the air.
- **Spider plant:** This easy-to-grow plant can thrive in bright or indirect light. It removes carbon monoxide, formaldehyde, and xylene from the air and can also filter out mold spores.
- **Peace lily:** This elegant plant can bloom in low light and moderate humidity. It removes ammonia, benzene, formaldehyde, and trichloroethylene from the air and can also humidify the air.
- **English ivy:** This trailing plant can grow in hanging baskets or pots. It removes benzene, formaldehyde, toluene, and xylene from the air and can also reduce airborne mold and fecal matter.

To care for your houseplants, you should follow these general tips:

- Choose the right plants for your space and lighting conditions. Some plants prefer bright light, while others can tolerate low light. Some plants need more humidity, while others prefer dry air.
- Water your plants according to their needs. Some plants need frequent watering, while others can go for weeks without water. Check the soil moisture before watering and avoid overwatering or underwatering your plants.
- Fertilize your plants occasionally to provide them with nutrients. You can use organic or synthetic fertilizers, depending on your preference. Follow the instructions on the label and do not overfertilize your plants.
- Prune your plants regularly to remove dead or diseased leaves and stems. This will help your plants grow healthier and more beautiful. You can also propagate your plants by taking cuttings or dividing them.

HOUSEPLANTS GREAT FOR ALLERGIES



- Clean your plants occasionally to remove dust and pests. You can use a damp cloth or a soft brush to wipe the leaves gently. You can also spray your plants with water or insecticidal soap to get rid of insects.

Houseplants are a great way to improve your health and beautify your home. By choosing the right plants and taking good care of them, you can enjoy their benefits for a long time. **Content by Daniel Lee— M.D**



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**KEEP
CALM
AND
SUBSCRIBE
TODAY!**

A high-protein diet is a popular choice for many people who want to lose weight, build muscle, or improve their health. But what are the pros and cons of this dietary approach? Here are some points to consider before you start loading up on protein.



Pros:

- Protein is essential for the growth and repair of cells, tissues, and organs in the body. It also helps regulate hormones, enzymes, and immune functions.
- Protein can help you feel full and satisfied for longer, which may reduce your appetite and calorie intake. This can help you lose weight or maintain a healthy weight.
- Protein can support muscle growth and strength, especially when combined with resistance training. This can improve your body composition, metabolism, and physical performance.
- Protein can provide a variety of amino acids, which are the building blocks of proteins. Some amino acids are essential, meaning they cannot be made by the body and must be obtained from food. A high-protein diet can ensure that you get enough of these vital nutrients.

Cons:

- A high-protein diet may not be suitable for everyone, especially those with kidney problems, liver disease, or gout. Too much protein can put extra strain on these organs and increase the risk of complications.
- A high-protein diet may limit your intake of other important nutrients, such as carbohydrates, fiber, vitamins, minerals, and antioxidants. These nutrients are found in foods such as fruits, vegetables, grains, legumes, nuts, and seeds. A balanced diet that includes a variety of foods is essential for optimal health and well-being.
- A high-protein diet may cause some side effects, such as bad breath, constipation, dehydration, fatigue, headache, nausea, or mood changes. These symptoms may vary depending on the type and amount of protein you consume, as well as your individual tolerance and preferences.
- A high-protein diet may not be sustainable or enjoyable in the long term. It may be difficult to follow a restrictive eating plan that limits your food choices and flexibility. It may also be expensive to buy high-quality protein sources and supplements.

Conclusion:

A high-protein diet has its advantages and disadvantages, depending on your goals, health status, and personal preferences. Before you decide to adopt this dietary strategy, it is advisable to consult your doctor or a registered dietitian for guidance and advice. They can help you design a meal plan that suits your needs and preferences, while ensuring that you get all the nutrients you need for good health. **Content by Amy Weeks—Nutritionists/Dietician**

High cholesterol is a major risk factor for heart disease and stroke, but it can be lowered with a healthy diet and lifestyle. Nutrition experts share 12 foods that can help you eat to beat high cholesterol and improve your heart health.

- 1. Oats:** Oats are rich in soluble fiber, which can help lower LDL (bad) cholesterol by binding to it and removing it from the body. A bowl of oatmeal or oat bran for breakfast can lower your cholesterol by up to 5% in six weeks.
- 2. Nuts:** Nuts are packed with healthy fats, protein, fiber, antioxidants and plant sterols, which can help lower LDL cholesterol

Eat to Beat Cholesterol



and triglycerides. A handful of nuts a day can reduce your risk of heart disease by up to 30%.

3. Beans: Beans are another great source of soluble fiber, as well as protein, minerals and phytochemicals. They can help lower LDL cholesterol, blood pressure and inflammation. Eating half a cup of beans a day can lower your cholesterol by up to 8%.

4. Avocado: Avocado is a creamy fruit that contains monounsaturated fats, which can help raise HDL (good) cholesterol and lower LDL cholesterol. It also has fiber, antioxidants and phytochemicals that can improve your lipid profile. Add some avocado to your salads, sandwiches or smoothies for a heart-healthy boost.

5. Salmon: Salmon is one of the best sources of omega-3 fatty acids, which can lower triglycerides, raise HDL cholesterol and prevent blood clots and inflammation. Omega-3s can also lower blood pressure and improve the function of your blood vessels. Aim for at least two servings of fatty fish like salmon, mackerel, herring or sardines a week.

6. Olive oil: Olive oil is a staple of the Mediterranean diet, which is known for its benefits for heart health. Olive oil contains monounsaturated fats and antioxidants that can lower LDL cholesterol and protect your blood vessels from damage. Use olive oil for cooking, dressing or dipping instead of butter or margarine.

7. Garlic: Garlic is a flavorful herb that has been used for centuries for its medicinal properties. It can help lower LDL cholesterol, blood pressure and inflammation, as well as prevent plaque buildup in your arteries. Add some fresh or minced garlic to your dishes or take a garlic supplement for a heart-healthy effect.

8. Berries: Berries are bursting with antioxidants, fiber and phytochemicals that can help lower LDL cholesterol and prevent oxidative stress and inflammation in your blood vessels. They can also improve your blood sugar and insulin levels, which can affect your cholesterol levels. Enjoy a variety of berries like strawberries, blueberries, raspberries or blackberries as a snack or dessert.

9. Soy: Soy is a plant-based protein that can help lower LDL cholesterol and triglycerides, as well as raise HDL cholesterol. It can also reduce the risk of hormone-related cancers like breast and prostate cancer. Replace some of your animal protein with soy products like tofu, tempeh, edamame or soy milk.

10. Dark chocolate: Dark chocolate is not only delicious but also good for your heart. It contains flavonoids, which are antioxidants that can lower LDL cholesterol, blood pressure and inflammation. It can also improve blood flow and prevent blood clots. Choose dark chocolate with at least 70% cocoa and limit yourself to one or two squares a day.

11. Green tea: Green tea is a popular beverage that has many health benefits. It contains catechins, which are antioxidants that can lower LDL cholesterol and prevent its oxidation, which can damage your arteries. It can also improve blood vessel function and lower blood pressure. Drink two to three cups of green tea a day or take a green tea extract supplement.

12. Apples: Apples are a crunchy fruit that can help you lower your cholesterol levels. They contain pectin, which is a type of soluble fiber that can lower LDL cholesterol by binding to it and removing it from the body. They also have polyphenols, which are antioxidants that can prevent LDL oxidation and inflammation. Eat an apple a day with the skin on for maximum benefits.

Content provided by Robert Hale— Nutritionist-Dietitian

THE TOP 5 BEST HOUSE PLANTS FOR APARTMENT LIVING

Give your apartment a pop of colour and breath of fresh air with any of these five indoor house plants.

SPIDER PLANT
Chlorophytum Comosum
These light and airy plants do well when their roots are crowded and they can live happily in low light.



ZZ PLANT
Zamioculcas zamiifolia
The ZZ plant thrives in low light and low water, perfect if you're a forgetful plant-owner. They can live off only 3 waterings a month!



SNAKE PLANT
Sansevieria Trifasciata
Snake plants are survivors. Not only can they brighten up any room, they can also live without much light or water for a surprisingly long time.



CACTI
Cactaceae
Cacti come in so many adorable shapes and sizes. All they ask for is a sunny window, a tiny bit of water and they're good to go!



PEACE LILY
Spathiphyllum Wallisii
These elegant plants are one of the few low-light plants that flower!







♦ **What Frequent Antibiotic Use Can Do To Your Digestive Health**

Antibiotics are powerful drugs that can treat infections caused by bacteria. However, they can also have negative effects on your digestive health, especially if you use them frequently or for a long time. Here are some of the ways that antibiotics can affect your gut and what you can do to prevent or minimize the damage.

- **Antibiotics can disrupt your gut microbiome.** Your gut microbiome is the collection of trillions of microorganisms that live in your digestive tract. These microbes help you digest food, produce vitamins, regulate your immune system, and protect you from harmful pathogens. Antibiotics can kill not only the bad bacteria that cause infections, but also the good bacteria that keep your gut healthy and balanced. This can lead to a condition called dysbiosis, which means an imbalance in your gut microbiome.

- **Dysbiosis can cause various digestive problems.** When your gut microbiome is disrupted, you may experience symptoms such as bloating, gas, diarrhea, constipation, abdominal pain, nausea, and vomiting. These symptoms can be mild or severe, depending on the type and dose of antibiotics you take, the duration of treatment, and your individual response. Dysbiosis can also increase your risk of developing infections by opportunistic bacteria, such as *Clostridium difficile* (C. diff), which can cause severe diarrhea and colitis.

- **Dysbiosis can also affect your overall health.** Your gut microbiome is not only important for your digestion, but also for your metabolism, immunity, mood, and brain function. Studies have shown that dysbiosis can contribute to conditions such as obesity, diabetes, inflammatory bowel disease, irritable bowel syndrome, allergies, asthma, autoimmune diseases, depression, anxiety, and cognitive impairment.

- You can take steps to protect your gut health while taking antibiotics. If you need to take antibiotics for a bacterial infection, you can do some things to reduce the impact on your gut microbiome and prevent or treat digestive problems. These include:

- **Taking probiotics.** Probiotics are live microorganisms that can help restore the balance of your gut microbiome and improve your digestive health. You can take probiotics as supplements or eat foods that contain them, such as yogurt, kefir, sauerkraut, kimchi, and kombucha. You should take probiotics during and after your antibiotic course, preferably at a different time of the day than your antibiotics.

- **Eating prebiotics.** Prebiotics are substances that feed the good bacteria in your gut and help them grow and thrive. You can eat prebiotics as foods that contain them, such as garlic, onion, leek, asparagus, banana, apple, oats, barley, and flaxseed. You should eat prebiotics regularly to support your gut microbiome.

- **Eating a balanced and varied diet.** Your diet plays a key role in shaping your gut microbiome and influencing your digestive health. You should eat a balanced and varied diet that includes plenty of fruits, vegetables, whole grains, legumes, nuts, seeds, lean proteins, healthy fats, and fluids. You should avoid or limit foods that are high in sugar, fat, salt, additives, and preservatives.

- **Avoiding unnecessary or inappropriate use of antibiotics.** Antibiotics are not effective against viral infections such as colds and flu. You should only take antibiotics when they are prescribed by your doctor for a bacterial infection. You should follow the instructions carefully and complete the full course of treatment. You should not skip doses or stop taking antibiotics early without consulting your doctor. You should not share antibiotics with others or use leftover antibiotics from previous treatments. **Content provided by Julie Miles M.D.**

What is Diabetes?

Diabetes is a long term condition that causes high blood sugar levels.

Type 1 Diabetes

An alarming 3.6 million adults are estimated to be affected by diabetes in Malaysia.

Type 2 Diabetes

The body does not produce insulin. Approximately 10% of all diabetes cases are type 1.

The body does not produce enough insulin for proper function. Approximately 90% of all cases of diabetes are of this type.

The Digestive System

pleated - jeans

Yellow sponges in your mouth release saliva. Chewing squishes the juices out.

Your esophagus is like an elevator. To go down, just swallow. To go up, press the up button located at the back of your throat.

This is the liver. It looks kind of like a pink polar bear.

The liver's penis.

The pancreas, like your stupid brother, is lazy and worthless. Kick it out when it turns 18.

The stomach breaks down food with acid. Sadly, it does not use the same kind of acid that lets you taste colors or see God in blacklight posters.

The small intestine is a Krazy Straw that is designed to make digestion more fun!

This is the large intestine. It rhymes with Charlton Heston.

The Digestive System (Infographic) from onlyimage.com