



The lung / heart connection...

- ▶ Why lung health is vital for life...
- ▶ Understanding the cardiopulmonary system
- ▶ Fun facts about your lungs...

Supplements to help you breathe better...

- ▶ Turmeric Boost
- ▶ Sustained Release Vita-C
- ▶ Vita-D3
- ▶ VitalMag
- ▶ ...and more



Where your child's nutrition meets convenience

- ▶ Quick nutrition... no compromise
- ▶ Smart snacking made simple
- ▶ Kid's nutrition the Shaklee way...

This email newsletter has been sent to you compliments of:

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Shaklee[®]
INDEPENDENT DISTRIBUTOR

Making a Difference!

Through Shaklee, we are all...

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Leave the process of treating disease in the hands of your doctor, where it belongs... but assert your God-given right to encourage the process of health!

Who wants to be a "health-rupt" millionaire? Your money may buy the finest medical service, but it will NOT buy health. Health is not for sale. IT MUST BE EARNED.

Nutrition is a keynote to health, and health is a keynote to happiness. You cannot produce a happy life-rhythm, then, without good nutrition.

~ A Study Course in Nutrition by Forrest Shaklee Sr., DC, DD

Why lung health is vital for life...

While we don't usually think about it much, our lungs perform several vital functions that keep us alive and healthy:

- The lungs help ensure that your body gets enough oxygen to function. They also remove carbon dioxide... a waste product of cellular metabolism... from your body.
- Your lungs also have their own special defense system that protects you from germs and infections.
- The lungs support the healthy functioning of your heart and brain by providing vital oxygen to the cells.



The lung / heart connection...

Did you know that your lungs and heart are like best friends, constantly working together to keep you feeling healthy? They rely on each other to do their jobs well, with the lungs providing oxygen and the heart pumping that oxygen-rich blood throughout your body. It's a partnership that's vital for your overall health.

Understanding this connection is important because when one of these organs struggles, the other often feels the effects too. For example, if you have a chronic lung condition like COPD, your heart might have to work harder, which can lead to heart issues down the road. On the flip side, heart problems can make it harder for your lungs to function properly, causing breathing difficulties.

In this newsletter, we'll dive into the fascinating link between your lungs and heart, and share tips on how to keep both in top shape naturally, so you can enjoy better health and well-being.

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Product Ordering Guide			
Item Code	Product	Item Code	Product
21376	Turmeric Boost 60s	21255	Vita-E 400 IU 90s
20095	Sustained Release Vita-C 180s	20321	Metal Shake Vanilla 16 svgs
21364	Vita-D3 90s	20322	Metal Shake Cocoa 16 svgs
21223	VitalMag 30s	22020	S 180 Snack Crisps 10 bags
22077	OmegaGuard 60s	89580	Meology Kids 30 sachets
22078	OmegaGuard 180s	21386	ShakleeKids Incredivitites 120s
20411	Zinc Complex 120s	21403	Omega-3 Gellys 30s
20112	Vita-E Complex 90s	21390	ShakleeKids Super Immunity 90s

Not all featured products or sizes listed due to space limitations.

**Fuel Your Heart, Power Your Lungs:
Life Starts Here!**

Understanding the cardiopulmonary system

Fun facts about your lungs...

- Only 5% of inhaled oxygen is used; the rest is exhaled.
- You're constantly breathing... about 13 pints of air every minute.
- Lungs aren't identical; the right lung is slightly larger to accommodate the heart.
- The right lung has three lobes, while the left has two, affecting their size.
- Your brain controls your lungs, adjusting your breathing automatically.
- Fully expanded, your lungs could cover a tennis court.
- We exhale over 17 milliliters of water vapor every hour.
- Lungs expel about 70% of waste through breathing, essential for air quality.
- Your lungs are connected to your spine and chest bone, protected by your rib cage.
- Lungs have a unique immune system with macrophages to remove harmful particles.
- Lungs can survive longer than any other organ when removed from the body.
- About 70% of waste is eliminated through the lungs by breathing.
- Lungs also serve as a blood reservoir for the heart's left ventricle.
- An adult breathes 12-18 times a minute, totaling 17,000 to 26,000 breaths daily.



The cardio-pulmonary system... comprised of the heart and lungs... is fundamental to sustaining life. This intricate system is responsible for oxygenating the body's tissues and expelling carbon dioxide, a crucial aspect of cellular respiration, energy production, and overall bodily functions.

The lungs: Mastering gas exchange

At the heart of lung function lies the exchange of gases, a process that occurs in the alveoli... tiny air sacs within the lungs. During inhalation, air enters the lungs, traveling down the trachea and through the bronchial tree, finally reaching the alveoli.

Oxygen from this air diffuses across the alveolar walls into the capillaries, enriching the blood. Simultaneously, carbon dioxide, a waste product of metabolism, moves from the blood into the alveoli and is exhaled.

The heart: Circulating oxygen-rich blood

The oxygen-enriched blood is carried by the pulmonary veins to the left atrium of the heart. The heart then pumps this blood throughout the body, ensuring that each cell receives the oxygen it needs to function. The deoxygenated blood returns to the lungs to be reoxygenated, thus

completing the pulmonary circuit.

A system in harmony

This seamless collaboration between the heart and lungs ensures that our body operates efficiently, supporting life. In fact, it is the very engine of our survival!

Risk factors and preventative strategies

➤ Smoking... including vaping... can present critical risk factors for both pulmonary and cardiovascular diseases. The inhalation of nicotine products introduces noxious substances into the respiratory system, leading to structural lung damage and impaired respiratory function, contributing to chronic obstructive pulmonary disease (COPD), lung cancer, and various other respiratory disorders.

Smoking cessation improves lung function, reducing the risk of cardiovascular disease.

➤ Obesity and lack of physical activity are closely linked to the deterioration of both lung and heart health. Excessive body weight contributes to hypertension, coronary artery disease, and heart failure, as well as other conditions. Additionally, obesity compromises lung function by reducing lung capacity, increasing the burden on respiratory muscles, worsening

conditions like asthma and sleep apnea.

Regular exercise enhances cardiovascular performance, improves circulatory efficiency, and boosts lung capacity.

➤ Hypertension and diabetes are major risk factors for diseases affecting both the heart and lungs. Elevated blood pressure exerts strain on the heart, increasing the risk of myocardial infarction, stroke, and heart failure.

Pulmonary hypertension, a condition where blood pressure in the arteries of the lungs is elevated, can further impair lung function. Diabetes, by accelerating atherosclerosis, substantially increases the risk of cardiovascular disease.

Proper management of blood pressure and cholesterol levels is vital in reducing the risk of heart and lung diseases and preventing complications such as heart attacks, strokes, and pulmonary hypertension.

➤ Finally, environmental and occupational exposure to pollutants, chemicals, and allergens significantly affects lung and heart health. Air pollution, particularly fine particulate matter and toxic gases, can worsen respiratory conditions such as asthma and COPD while also increasing the risk of cardiovascular events like heart attacks and strokes.



Supplements to help you breathe better...

Isn't it great to know that there are specific nutrients that will help you breathe easier? Here are some supplements to consider for lung health:

Turmeric... a lung powerhouse

Curcumin... the active ingredient in turmeric... detoxifies the lungs by targeting inflammation and free radicals. It's especially beneficial for COPD patients, helping manage lung conditions and slow disease progression. With antiviral, anti-inflammatory, and cancer-fighting properties, curcumin is essential for respiratory health.

Turmeric Boost provides 500 mg of turmeric extract plus 5 mg of black pepper extract, which enhances absorption and increases bioavailability.

Vitamin C... the lung shield

Vitamin C is crucial for lung health, enhancing lung function and defending against respiratory infections,

including COPD.

Sustained Release Vita-C is formulated with a proprietary sustained-release system clinically shown to raise blood levels of vitamin C for 12 hours!

Vitamin D... the sunshine boost for lungs

Vitamin D helps manage respiratory conditions and prevents infections, improving lung function and reducing respiratory issues like COPD.

Vita-D₃ provides 2,000 IU of high-potency vitamin D delivered to the bloodstream.

Magnesium... critical for lung health

Magnesium is essential for those with asthma or COPD. It reduces inflammation, relaxes airway muscles, and improves breathing.

Sustained Release VitalMag is a proprietary blend of elemental magnesium from three different sources, added potassium for proper nerve transmission and normal muscle contraction, plus boron to aid in bone

metabolism and magnesium utilization.

Omega-3 fatty acids... lung health allies

Omega-3 fatty acids, found in fish oil, combat respiratory inflammation and support lung function.

OmegaGuard provides a full spectrum of seven ultra-pure, pharmaceutical-grade omega-3 fatty acids, including EPA and DHA.

Zinc... your lung defender

Zinc strengthens respiratory defenses against infections like colds and flu. Its anti-inflammatory and antioxidant properties protect lung cells and speed up recovery.

Zinc Complex works as a trigger for over 200 different enzymes that are present in virtually every cell of your body.

Selenium... lung protection power

Selenium supports the immune system and protects lung cells from damage. It also reduces airway irritation, aiding in easier breathing.

Both **Vita-E Complex** and **Vita-E 400 IU** provide naturally occurring vitamin E... which helps strengthen the heart and oxygenate the blood... with selenium to provide enhanced support against free radicals.

Optimal lung health diet

Support your lungs with these nutrient-rich foods full of vitamins, minerals, antioxidants, and anti-inflammatory compounds:

Fruits and vegetables: Packed with antioxidants like vitamins C and E, they reduce oxidative stress.

Fatty fish: Salmon, mackerel, and sardines are rich in omega-3s, known for their anti-inflammatory benefits.

Nuts and seeds: Walnuts, flaxseeds, and chia seeds offer omega-3s and vitamin E, to combat inflammation.

Whole grains: Oats, quinoa, and brown rice provide essential nutrients and fiber, supporting overall health and weight management.

Legumes: Beans, lentils, and peas are protein-rich and packed with magnesium and fiber.

Olive oil: A healthy fat source with anti-inflammatory benefits.

Foods to avoid

To maintain lung health, steer clear of:

Processed foods: High in trans fats, sodium, and preservatives, they boost inflammation. Skip fast food, packaged snacks, and processed meats.

Sugary beverages: Sugar-laden drinks like soda promote obesity and inflammation. Opt for water, herbal teas, or fresh juices.

Excessive salt: Too much salt can cause fluid retention and high blood pressure, straining your respiratory system.



Shaklee... where your child's nutrition meets convenience

Kid's nutrition the Shaklee way...

In addition to **Meal Shakes** and **Snack Crisps**, Shaklee offers a wide range of nutritional products specifically designed for children:

Meology Kids... all-in-one vitamin gummy packs for kids



Shakleekids Increditives

provides 23 essential vitamins and minerals.

Omega-3 Gellys deliver 3x more DHA + EPA than other leading gummies

Shakleekids Super Immunity is loaded with vitamins C and D, zinc, and powerful antioxidants.

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No matter the time of year, kids from preschool to college are hitting the books and preparing for their future.

Unfortunately, most school lunch programs offer processed, unhealthy foods

that could be harming your child's health.

This year, you can take control by stocking their lunchboxes with nutritious, wholesome snacks and shakes from Shaklee.



Quick nutrition... no compromise

With busy schedules, kids don't always have time for a full meal. That's where **Shaklee Meal Shakes** come in. These low-fat, low-glycemic shakes are packed with 19 essential vitamins and minerals, plus a rich dose of calcium and protein... everything growing bodies need to stay strong and healthy.

Available in **French Vanilla** and **Bavarian Cocoa**, these delicious, easy-

to-mix shakes are perfect for any meal or snack.

Smart snacking made simple

Kids love to snack, and **Shaklee 180® Snack Crisps** are the perfect solution when cravings hit. With just 100 calories per bag, 6 grams of protein, and made from non-GMO soy protein, these gluten-free, artificial-free crisps in **Sea Salt** flavor let your kids indulge without the junk.

With Shaklee, you can rest easy knowing you're supporting your kids' health all year long.



With Shaklee, It's Easy To...

- Enjoy the benefits of improved health!
- Have more energy and vitality!
- Enjoy natural beauty... inside and out!
- Protect our fragile environment!
- Achieve financial independence... forever!



Take charge of your life today... with Shaklee!