



Health Matters

by

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Since Heart Health Month is being observed in February, let's address one of the most common and important risk factors for heart disease imposed by our modern lifestyles. Over 75 million Americans have hypertension (high blood pressure) and one in four of those are unaware of their condition. The good news is hypertension is easily detected and controllable. Simple, effective measures that can help manage it include losing weight, learning to relax, quitting tobacco, exercising regularly and eating more fruits and veggies high in potassium. We can help you with a program to make these changes, but we also recommend **Olive Leaf Extract**, which has been studied for its beneficial effects on the cardiovascular system since the 1950's. Oleuropein is the active agent in **Olive Leaf Extract** responsible for relaxing and dilating the blood vessels, which helps to lower blood pressure naturally. As always, we guarantee your satisfaction.

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