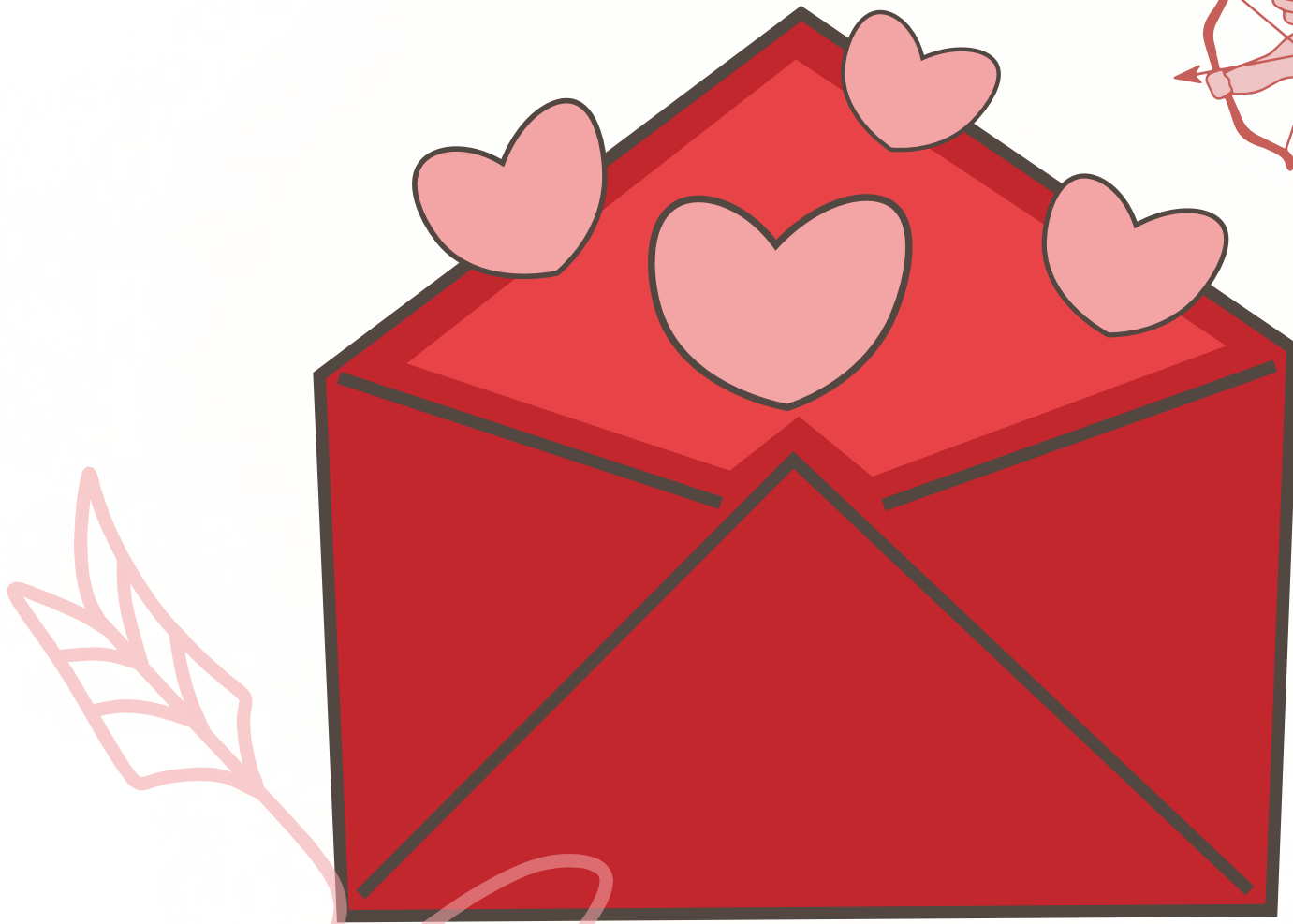
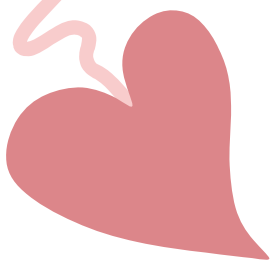


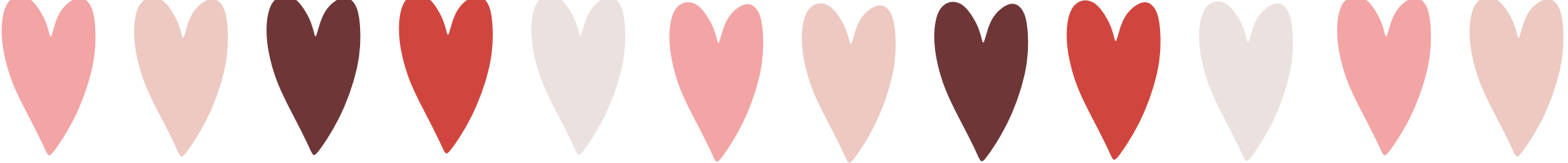
February

2024



LOVE Your Heart





Dear Reader,

February is the month of hearts! Paper hearts, cards with hearts, cherubs shooting hearts, and even heart shaped food. It's all around us! Did you know that this month is also Heart Health Awareness month? Crazy, right? Your heart, the rhythmic conductor of life, deserves more than just a beat; it deserves care, attention, and an integrative approach to well-being.

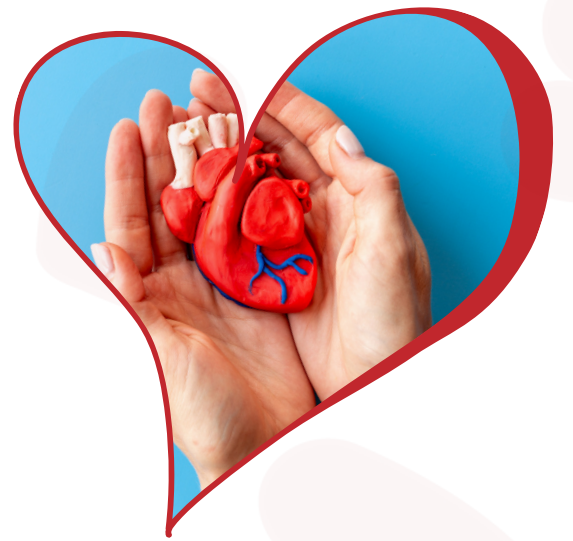
We want to provide you with the tools and knowledge to make heart healthy choices that will assist you in feeling like the best version of yourself. Knowledge is power and in this month's newsletter we have provided you with a variety of information on how you can take excellent care of your heart- whether that be by properly managing stress, cooking up Linnea's delicious recipe, or taking one of the many supportive supplements we carry in the clinic. We are here for YOU.

Thank you for entrusting us with a part of your wellness journey—we are honored to be your partners in cultivating a healthier, happier heart!



-The Teggatz Clinic Staff

Functional Medicine and Supporting Heart Health



Heart health is a critical aspect of overall well-being, with cardiovascular disease remaining a leading cause of morbidity and mortality worldwide. While conventional medicine offers valuable interventions, functional medicine provides a complementary approach that focuses on identifying and addressing the root causes of cardiovascular issues. By emphasizing personalized care and holistic lifestyle modifications, functional medicine strategies can support heart health in a comprehensive manner. Here are some key principles and interventions from a functional medicine standpoint to promote cardiovascular wellness:

- ***Assessing Individual Risk Factors:*** Functional medicine begins with a thorough assessment of each individual's past and current health. In regards to heart health, testing may be done to evaluate lipid profiles, inflammatory markers, blood sugar levels, and other relevant parameters. Additionally, factors such as genetics, lifestyle habits, and stress levels are considered.
- ***Balancing Inflammation and Immune Function:*** Chronic inflammation plays a central role in the development and progression of cardiovascular disease. Functional medicine aims to identify and address underlying inflammatory triggers, which may include poor diet, sedentary lifestyle, obesity, chronic infections, or environmental toxins.
- ***Optimizing Nutrition:*** Nutrition is a cornerstone of heart health. Emphasizing whole, nutrient-dense foods rich in antioxidants, fiber, omega-3 fatty acids, and other cardioprotective nutrients is essential. Individualized dietary plans may be tailored to address specific needs, such as reducing sodium intake, managing blood sugar fluctuations, or supporting optimal cholesterol levels.

- ***Supporting Gut Health:*** The gut microbiome plays a crucial role in cardiovascular health, influencing factors such as inflammation, metabolism, and nutrient absorption. Functional medicine approaches aim to promote a healthy balance of gut bacteria through dietary modifications, probiotics, prebiotics, and other interventions. By addressing gut dysbiosis and promoting intestinal integrity, these strategies can indirectly support heart health and reduce the risk of metabolic dysfunction.
- ***Managing Stress and Emotional Well-being:*** Psychosocial factors, including chronic stress, anxiety, and depression, have profound effects on your overall health. Functional medicine recognizes the intricate connection between the mind and body, emphasizing the importance of addressing emotional well-being. Stress management techniques such as mindfulness meditation, acupuncture, massage, yoga, deep breathing exercises, and therapy may be recommended to promote relaxation, resilience, and emotional balance.
- ***Physical Activity and Exercise:*** Regular physical activity is essential for cardiovascular health, helping to maintain healthy blood pressure, cholesterol levels, and weight management.

At The Teggatz Clinic, we treat you as **WHOLE** person. We want to see you succeed and we will walk with you every step of the way to help you achieve your health goals. We are here for **YOU!**



Live, Love, Lycopene



When it comes to heart health - LYCOPENE is a true winner! Lycopene is a type of Carotenoid - an essential nutrient or "phytochemical" that gives RED foods their vibrant color. Lycopene has been shown to be supportive of heart health.

"The discussed experiments confirmed that lycopene is an effective antioxidant, the supply of which in the diet can improve blood pressure, endothelial function, metabolic profile, as well as reduce the size of atherosclerotic plaque."

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8880080/>

In the summer - garden fresh tomatoes are DELICIOUS! But during these cold winter months finding high quality fresh tomatoes is much more of a challenge. Homemade marinara tomato sauce is a great way to get more RED LYCOPENE in your diet over the winter to support your heart health!

Many tomato sauce/marinaras purchased from the grocery store have oil creating higher calorie counts. This homemade marinara is oil free and can easily be made Low FODMAP friendly (removing garlic and onion powders) for our friends with SIBO or other digestive health concerns. (Did you know a jar of Low Fodmap Marinara can cost around \$10!)

Ingredients:

- **2 28oz cans of crushed tomatoes**
- **3 6oz cans of tomato paste**
- **1/4 cup nutritional yeast**
- **3 Tbsp Italian seasoning blend**
- **1 Tbsp Garlic powder**
- **1 Tbsp Onion powder**
- **Salt to taste**

Combine all ingredients in a large pot (option to use immersion blender to blend tomato chunks) and simmer on low for 20 minutes, stirring occasionally.

Store in glass containers or mason jars in the fridge up to two weeks.



Use your homemade marinara in so many ways:

- over pasta
- as a pizza sauce
- in an italian “buddha bowl”
- over roasted vegetables
- with eggs
- on sauteed kale
- dip garlic toast

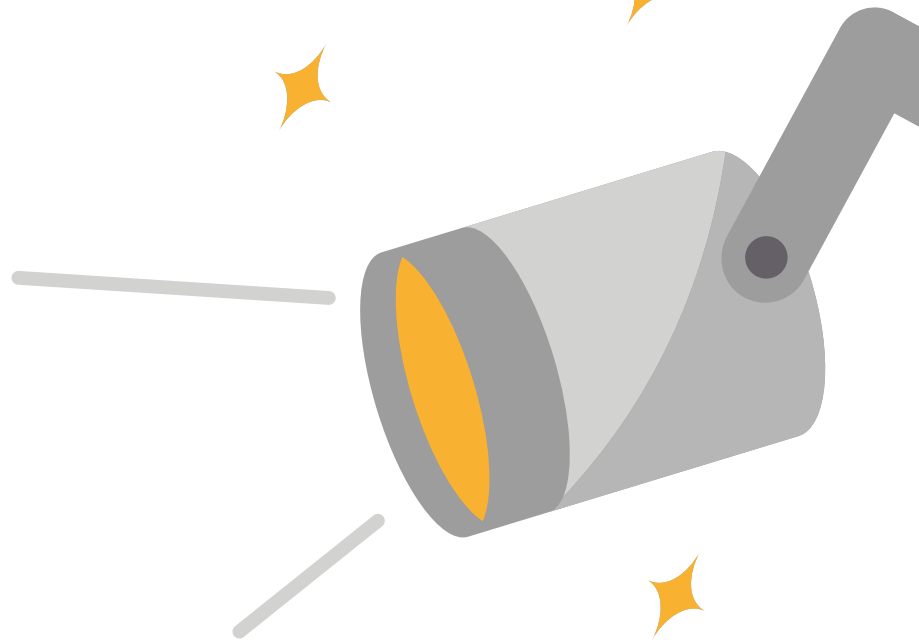
(bowl below pictured: egg plant, homemade marinara, tofu, avocado, cabbage)



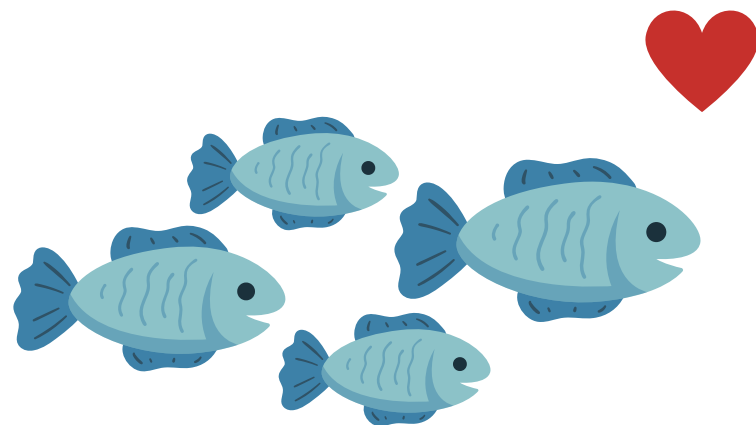
Supplement Spotlight

“Omega-3 fatty acids are essential cornerstones of human nutrition. They are deemed "essential" because we need them for proper health but cannot produce them on our own. We must therefore consume these fats through diet or supplementation. Omega-3 fatty acids are required for a number of body functions, from proper blood flow to brain development. These long-chain fatty acids are integral components of tissues and organ systems throughout the body, including the heart, skin, joints, eyes and immune system.

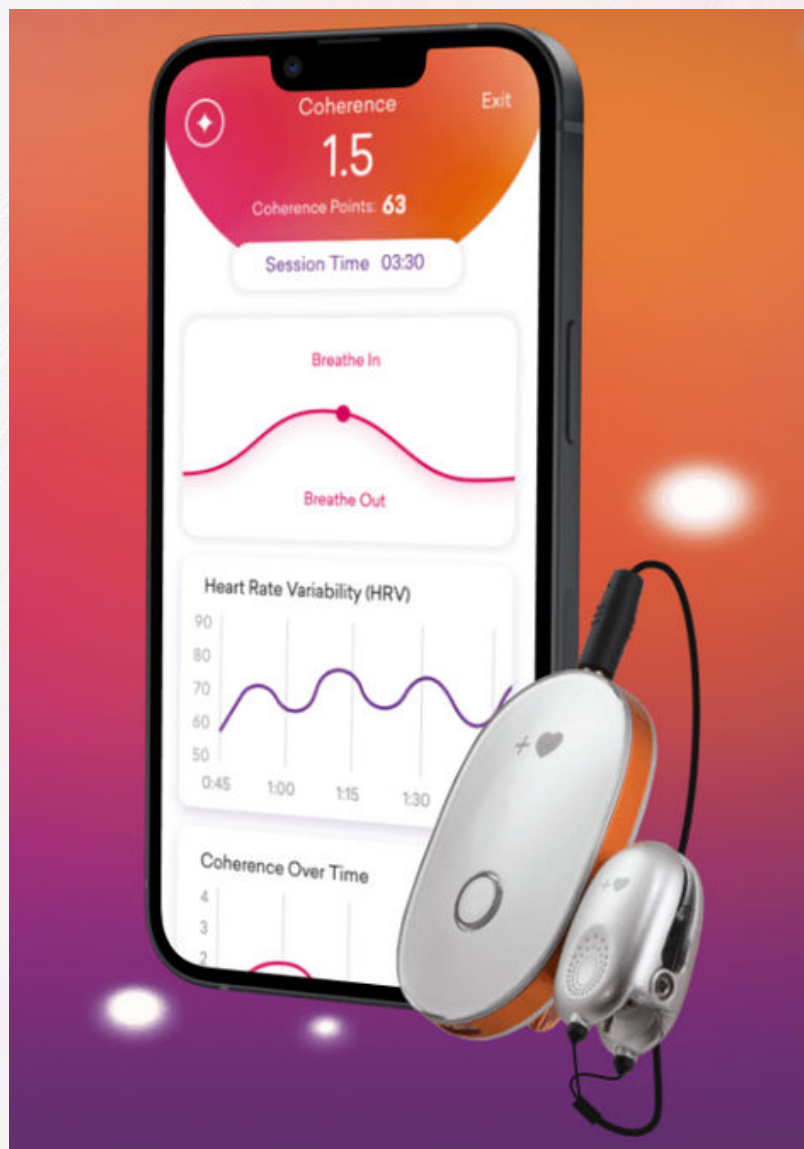
Since omega-3 fatty acids are known to benefit cardiovascular health, support healthy brain function and cognition, and have also been proven to maintain normal inflammatory balance, achieving the proper balance of omega-3s has become an important health strategy, requiring supplementation for most people. The American Heart Association recommends that those concerned about blood lipids take up to 4 g of omega-3 fatty acids per day.”



For more information please visit:
<https://www.orthomolecularproducts.com/product/orthomega-820>



RESOURCES WE LOVE



“Unlock a more joyful, peaceful, and confident you!”

+ ❤️ HeartMath.

“Heart rate variability (HRV) biofeedback helps you access a healthy and high-performance state called heart coherence which balances your mind and emotions. This helps prevent stress and clears your thinking for more effective choices.”

For more information please visit:

<https://www.heartmath.com/coherenceplus/>



HAPPY
VALENTINE'S
DAY

From Dr. Teggatz, Linnea,
and Abby

