



Well NEWS

A Monthly Insight into Health and Wellness



Heart attack differences in Men and Women

Heart attacks in women can have different causes and risks than in men, according to a new scientific statement. But, most concerning is that women are often being undertreated.

- In certain women, especially younger ones, the plaque (gunky substance that clogs arteries and contributes to blood clots) does not bulge in the artery. This makes it less conspicuous and harder to diagnose.
- During a heart attack, women and men often feel chest pain, but women may experience uncommon symptoms such as back, arm, neck or jaw pain, or have nausea, weakness and a sense of dread.
- Both sexes share heart attack risk factors, but Type 2 diabetes and high blood pressure are more potent risk factors for women.
- Women who survive a heart attack are more likely to have complications in the hospital such as shock, bleeding or heart failure.
- Depressed women have a 50 percent higher risk of heart attack. But it is still unclear how depression raises risk.

Heart Attacks are a serious risk for both men and women. Each sex just has some different concerns and triggers. Know your risk and make lifestyle changes to help lower it.

Best Splurge worthy Valentine's Day Candy



1. Peanut M&M's - Although high in calories, they contain 5g of protein per serving keeping your full longer. They are also lower in sugar than some other treats. Just watch your portion size.
2. Fun Size Snickers - Instant portion control in these bite-size candies lets your fulfill your sweet tooth with some moderation. There are 3g of protein packed into two fun size bars.
3. Dove Dark Chocolate Hearts are a great size for controlling calories. The dark chocolate is rich in heart-healthy flavanols and lower in calories than milk chocolate. There are also sweet messages inside of each candy!
4. Dark Chocolate-Covered Strawberries are a great natural way to indulge. Strawberries are nature's candy, with approximately 50 calories per cup and no added sugar. Have them dipped in some dark chocolate for an extra special treat without going overboard!



Featured Anti-Inflammatory Food

Onion

Onion contains a molecule that can inhibit the inflammatory response of macrophages, a type of white blood cell. Stopping inflammation from macrophages are important in controlling chronic inflammation.

Eat more onion by trying out one of these great recipes!

Apple Pork Chops

Ingredients

4 bone-in pork chops, with the trimmings	2 large onions, sliced
3 tbsp coconut oil	4 sliced and cored apples
	Salt and pepper to taste

Directions

Sprinkle the pork chops with salt and pepper. Heat 2 tablespoons of the coconut oil in a large pan over medium high heat. Cook the pork chops for 5 minutes on each side so that they are brown and completely cooked. Remove the pork chops from the pan and lower the heat to medium low. Cook the onion and apple slices with the remaining tablespoon of coconut oil for about 4 minutes. Cover the pork chops with the warm apple and onion mixture.

Simple Salmon Salad

Ingredients

2 cans wild salmon, drained	5-6 tbsp extra virgin olive oil
2 diced cucumbers	Juice of 2 lemons
1 onion, chopped	2 tbsp chopped fresh dill, optional
1 large tomato, diced	Lettuce leaves for serving
1 avocado, diced	

Directions

Put the salmon in a bowl. Mash with a fork and stir in the lemon juice and olive oil, then add the cucumbers, onions, tomato and avocado. Season with the fresh dill (if desired) and add salt and pepper to taste. Lay lettuce leaves on a plate and top with the salmon mixture.



Special Feature
from our partner:
Feed your
Vitality

How to select onions at the store

Choose onions that are clean, have no openings, and are crisp and dry on the outside. Onions are usually irradiated during their production, so it is best to purchase organic whenever possible.



Check us out at:

www.feedyourvitality.com

Newsletter Quiz

1. Do you splurge on anything for Valentine's Day?
2. Is it important to purchase organic onions?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by February 29, 2016

9201 Watson Road, Suite 300 | St. Louis, Missouri 63126
ph 866-301-4721 | fx 877-570-8287 | www.WellWorksInc.com

