

SPECIAL POINTS OF INTEREST:

- **CPR**
- **Cholesterol Tips**
- **Honey BBQ Sauce**

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How do I perform CPR?

CPR stands for cardiopulmonary resuscitation. It is a very easy process that everyone should be familiar with, not just healthcare providers. The AHA reports “Eighty percent of sudden cardiac arrests happen in private or residential settings”. Unfortunately, around 90 percent of those



individuals die because they do not receive CPR quickly enough. In an effort to try and improve these numbers, the CPR instructions for the public have changed. Now, there are two main steps if you see someone collapse or lose consciousness. First and foremost, call 911. If you are in a building or setting that has an AED (automatic external

defibrillator), tell someone to go get it. The second step is to push hard and push fast. That

is it until help arrives. What the research has shown is that many people will not give CPR to a stranger because they do not want to breathe for them. The new guidelines for the public says that hands only CPR will double or triple that person’s chance of survival. In order to perform this, try and make sure they are on a hard surface.

Kneeling or standing next to them, place your hands one over the other on top of their chest. Start compressions at a rate of 100 times a minute which is rather fast. Try and push the chest down at least 2 inches. Allow the chest to recoil or rise back to normal before the next compression is given. You may hear cracking or feel like you are

injuring the chest but that is okay. This is their best chance of survival at this point. If an AED is present, follow the instructions placing one pad on the right upper chest and one on the left lower chest. Press the power button. It will analyze the rhythm and may advise a shock. If it does, press the shock button. Either way, resume CPR with as little interruptions as possible. If it is a child or baby, it is still recommended to give breaths to them if you feel comfortable. (1).

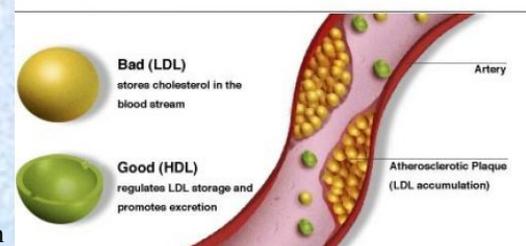
Tip of the Month

How to lower cholesterol:

1. Decrease saturated fat to less than 7% of calories; May lower LDL 8-10%
2. Lose 10lb if overweight; may lower LDL or bad cholesterol 5-8%
3. Add 5-10 grams soluble fiber each day
4. Add 2 grams plant sterols/stanols each day; may lower LDL 5-15%
5. Keep total cholesterol to under 200mg per day

Plant sterols are found naturally in many foods but in very small amounts. Therefore, many food companies have started adding them to foods. Some examples include Minute Maid Heartwise Orange Juice and Promise or Smart Balance spreads just to name a few. (2,4).

Bad vs. Good Cholesterol



Honey BBQ Sauce



Ingredients:

1/2 cup NSA ketchup
 1/3 cup honey
 1/4 cup light corn syrup
 1 TB cider vinegar
 1 Tsp mustard powder
 1 Tsp garlic powder
 1/2 Tsp chili powder
 1/2 Tsp onion powder
 1/4 Tsp cayenne

Directions:

1. Mix all ingredients in a small saucepan or skillet.
2. Simmer for 25 minutes.
3. Serve on top of your favorite meat on the grill or in the oven!

The cayenne pepper is optional or add as much or little as you like.

A no sodium chili powder is available in specialty stores. (Erik also has a recipe for no sodium chili powder in his book).

Health Information

Serving size 1 TB
 Servings 20
 Calories 38
 Total fat 0g
 Sat fat 0g
 Cholesterol 0mg
 Sodium 5-7mg
 Total fiber trace
 Protein less than 1g
 Carbohydrates 10g
 Potassium 11mg
 Sugar 9g

Recipe from
 "Breaking the Salt
 Habit" by Erik
 Williams.

Visit our store to buy
 his book at
myhearhelp.com.

Quote of the Month: "Insanity: Doing the same thing over and over and expecting different results" Albert Einstein

Bible Verse of the Month: "And above all things have fervent love for one another, for *"love will cover a multitude of sins"*
 1 Peter 4:8.

Did you Know?

Did you know that if you are on a low cholesterol diet the daily allowance for cholesterol is around 200mg per day. So....what does that mean exactly? Well it means that we have to read our labels again. Let me help though and give you an idea of how much cholesterol is in some of the foods you may be eating. Lets start with some foods that are very high in cholesterol.

1 egg 200mg
 1 cup whole milk 30mg
 1 oz cheddar cheese 30mg
 3 1/2 oz shrimp 194mg
 3 1/2 oz beef liver 389mg
 3 1/2 oz chicken liver 631mg
 3 1/2 oz lean beef 78mg
 3 1/2 oz pork tenderloin 79mg
 3 1/2 oz veal 135mg
 3 1/2 oz chicken no skin 85mg

Here are some foods that are slightly lower in cholesterol:

1 cup non fat milk 4mg
 1 cup low fat cottage cheese 10mg
 1/2 cup tofu 0mg
 1/2 cup pinto beans 0mg
 3 1/2 oz crab 52mg
 3 1/2 oz salmon 63mg
 3 1/2 oz halibut 41mg
 3 1/2 oz tuna 30mg
 3 1/2 oz ham 53
 (3).

