



DharmaGaia Health Care
Empowering The Healing Process!

How is your heart doing?



Another (Valentine's) love month went by and how did you feel? Was your heart happy or sad? Did you feel loved? And, more importantly, did you make time to love yourself a little bit? To nourish YOUR heart?

Thinking with your heart

Did you know that the heart sends more information to the brain than the brain sends to the heart? Scientists have discovered that your emotions lead the rhythm of your heartbeat and this rhythm affects the brain's ability to process information.



Is your heart on fire?



Volatile emotions like anger, fear and anxiety not only increase your heart rate, they affect your entire being. Modern life subjects the human to constant stimulation, which in the long run, causes heart disease.

Quieter emotions like sadness and loneliness can be just as damaging, making people prone to sickness and premature death. *If you feel that you have been overruled by your emotions, send me an email, I can*

help you.

A Heart workout you will never expect!

Many people think that diet, medications and exercise are all that they need to do, to take care of themselves, but there is actually much more to it. Give yourself a chance and try this workout for at least for a month and see how you feel.

♥ Commit to getting 15 minutes of some kind of physical exercise. Do something you like or explore something new. Walking, listening to uplifting music, doing yoga or meditating are great ways to start.

A regular yoga practice is the best workout, yoga takes care of your heart and also works out your brain! [Naam Yoga®](#) is a special practice that can be done by anyone regardless of the age, flexibility or fitness levels. *If you are interested in starting your own practice email me.*



The Healing Power of Giving



♥ Positive emotions like love, empathy, gratefulness and compassion send a healing message to your heart, giving you mental clarity and increasing your brain performance, as well as providing an incomparable sense of contentment and physical well being.

Take at least 1 minute a day to be grateful and find at least one opportunity to exert your compassion or empathy. A friend, neighbor, loved one or even a stranger could be the recipient. You could start with something simple as a smile or even just giving your undivided attention.

Connecting

♥ Thousand of our genes are identical to those of the great apes, cats, dogs, trees and butterflies.

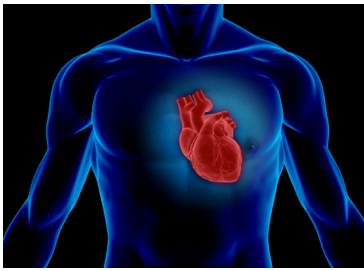
Take a moment everyday to celebrate your other relatives, your connectedness to this planet and all earthlings.

You could start recycling or start being more aware of your carbon footprint ([take a fun quiz here to figure it out](#)). You could even go further and adopt a rescued animal or take some action in a foundation that makes your heart sing, with the double bonus of the happy chemicals released to your blood stream while being in community.



Do you want to know a secret?

♥ Moderation and consistency, not deprivation and



binging, is what is needed.

How do you feel after vacation? Some people wait for their time off to "take care of themselves", have fun and relax which is sometimes associated with binge drinking, over eating and poor sleep.

It's better if you start including small daily steps and be consistent rather than doing nothing, or doing

something once a month.

♥ A big component of a healthy life depends on the capacity to identify the self-sabotaging patterns and excess behaviors, that tend to be frequent when we are young. You reap what you sow. Your heart and your body will thank you for it.

Remember the copper bracelet for radiation? It is also good for your heart ♥

With these exercises, a healthy diet and teaming up with a conscious doctor, you can treat and prevent any cardiac problem. Always ask your doctor before starting any exercise routine and please do not modify your medications without your physician's consent ☺

Yours in health and happiness,



Dr Maria
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