

## Rest



Make sleep a priority.  
Aim for 7-9 hrs/night

Worried? Stressed?  
Feeling guilty or  
hopeless?



The Creator and Designer  
of your heart is the best  
Keeper of your heart.  
Regardless of its biological  
status, your heart needs an  
upgrade.

Jesus wants to offer you a heart  
transplant today! He died for you so  
that you may have eternal life!



"My son, give me your heart  
and let your eyes delight in  
my ways." Prov. 23:26

### What can you do?

- Heart Transplant: Accept Jesus as your Personal Savior.
- Daily Prescription: Pray and study God's Word
- Lifestyle Habits: Eat plants, get moving, get sunshine & fresh air, practice temperance, rest enough, and trust and grow in God.

## CONTACT US



- Want to learn more?
- Don't know how to start with plant-based eating?
- Looking to delve deeper into God's Word?

We're here to help you take care of  
your heart!



biblewell.org

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International Health Organization, AU

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## DOES YOUR HEART NEED SOME LOVE?

### No. 1

No. 1 cause of death in the  
USA is Heart Disease

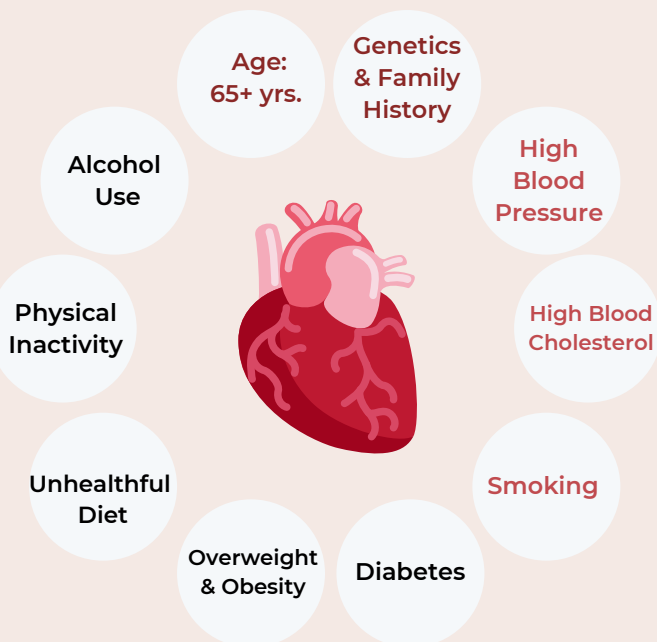


1 in 4 deaths in the USA are  
caused by Heart Disease



1 person dies from Heart  
Disease every 36 seconds

## Are you at risk of heart disease?



How many of these risk factors do you have?  
**You can modify at least 8 of these risk factors!**

What's holding you back from a longer life of health? Keep reading for simple steps you can take to protect your heart!

"ABOVE ALL ELSE, GUARD YOUR HEART, FOR EVERYTHING YOU DO FLOWS FROM IT."

PROVERBS 4:23

### Signs of a Heart Attack

- ⚠ Chest pain or discomfort
- ⚠ Upper body discomfort or pain
- ⚠ Shortness of breath

**Call 911 and get medical help if you are experiencing these symptoms!**

## Power on your Plate



What you eat has one of the biggest impacts on your heart health!

**Your Creator's Instruction Manual includes this nutritional prescription:**

**"I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." Genesis 1:29**

## What does the science say? ?

A whole-food plant-based dietary pattern is the most powerful lifestyle change you can make to prevent, delay, and possibly even reverse heart disease, reducing heart disease risk by 52% according to one study. (Choi, 2021)

## What can you do?



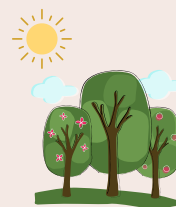
- Make your meal colorful! Add a rainbow of fruits and vegetables
- Eat whole foods (whole grains, legumes, fruits, seeds, nuts, and veggies)
- Remove meat and avoid animal products
- Avoid frying. Try baking, boiling, etc.
- Drink at least 8 cups of water every day

## Get Moving!



Regular daily activity can lower your heart disease risk. Any movement counts; and the more, the better! Aim for 30-60 minutes per day.

## Find some green space!



Spend time in the Great Outdoors and soak in some sunshine and fresh air! This improves your mood, gives you a Vit. D boost, reduces risk of heart disease, stress, and high blood pressure, and enhances heart health!

## Practice Temperance & Self-Control

- In Jan. 2022, the World Heart Federation concluded that no amount of alcohol is good for the heart.
- Smoking reduces oxygen in the blood and damages heart and blood vessels. But there is good news! Going for a year without smoking reduces your heart disease risk by about 50%
- Chew well, listen to your fullness cues, and don't eat past fullness. Excess weight increases heart disease risk.

