

- Risk Factors & Symptoms
- Healthcare Providers
- Blood Testing
- Role of Chiropractic
- Vitamins & Supplements

## February is Heart Awareness Month - Summary Version

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### IHEART DISEASE: THE #1 KILLER YOU CAN FIGHT BACK AGAINST

**Your heart doesn't have to become a statistic.**

Heart disease kills more Americans than any other condition – but it doesn't have to be inevitable.

**Don't wait until it's too late. The information in this newsletter could save your life. In this month's Wellness Navigator Newsletter, discover:**

**What's Really Putting You at Risk** – Blood pressure, cholesterol, family history, and hidden factors you might be overlooking. Learn which risks you can control and how to take action NOW.

**The Warning Signs You Can't Ignore** – Would you recognize a heart attack if it happened to you? Know the symptoms that demand immediate action—because minutes matter.

**Your Healthcare Provider as Your Partner** – What blood tests you need, questions to ask, and how to set achievable heart health goals with professional guidance.

**The Surprising Chiropractic Connection** – How spinal adjustments impact your nervous system's control over heart rate and blood pressure. The heart-health benefits may surprise you.

**Vitamins & Supplements: What Works, What Doesn't** – From Omega-3s to CoQ10, get the evidence-based truth about what actually supports heart health (and what you should avoid).

**When Every Second Counts** – Recognizing a heart attack early and acting fast can mean the difference between life and death.

**⚠️ CRITICAL: 1 in 5 heart attacks is silent. You might not even know it's happening. Are you prepared?**

This isn't just another health article. This is your wake-up call.

**The full newsletter contains detailed, actionable strategies that go far beyond this summary—specific steps you can implement immediately, warning signs your doctor might not have told you about, and prevention techniques that could add years to your life.**

Your family needs you healthy. Your future depends on the actions you take today.

**READ THE FULL WELLNESS NAVIGATOR NEWSLETTER NOW** In the link provided.

**Don't scroll past this. Your heart can't wait.**

**Because prevention today means a healthier tomorrow—and tomorrow starts now.**

**👉 CLICK THE LINK PROVIDED TO READ THE COMPLETE NEWSLETTER!**

**When to Seek Emergency Help. If you are concerned you are having a heart attack, seek emergency help immediately or call 911.**



### MONTHLY QUOTE

