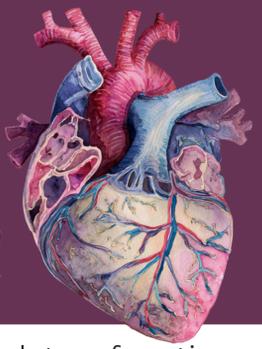


# Nourish your Heart...Calm your Mind

## 'Heart Health' is more than just circulation!



In **Traditional Chinese Medicine (TCM)**, the heart has unique attributes in addition to well established circulatory functions. One in particular is the **relationship with consciousness** or **'the mind'** known as **Shen** or 'spirit'. It helps to explain why **emotional stress may present physically** through symptoms such as **palpitations, insomnia or anxiety**. In this way, the heart acts like a gateway. Meaning...



the emotion of the heart

## TCM Tips to nurture the heart and ease the mind...

### Red foods to nourish blood and bitter to clear heat



mulberries



goji berries



red dates



dark chocolate (70%+)

The phenolic compounds in red foods have both cardiovascular and metabolic benefits as well as neuroprotective effects that have shown to reduce the risk of chronic disease. (Park et al. 2022)

Flavonoids in dark chocolate have antioxidant, and anti-inflammatory properties that can improve blood flow and parasympathetic functions to reduce dysregulation (Mythri et al. 2025).



✓ Add a small **handful** of **favourites** to oatmeal or tea to **boost energy** and **enhance mood**.

✓ Enjoy a tasty **chocolate treat** daily to **counter stress & anxiety**.

\*Note: potential drug interactions, consult physician before use, especially if taking blood thinners. Use in moderation. Chocolate based on a single 10-30 mg serving.

### Conscious mindful habits for energy maintenance

Coffee's anti-inflammatory properties are linked to reduced risk of cardiovascular disease but may disrupt circadian rhythms the later it is consumed (Wang et al. 2025).

Not only does breathing & awareness based techniques benefit mental health but they also have positive impacts on cardiovascular health and sleep hygiene (Zhang et al. 2025).



practice intentional micro pauses

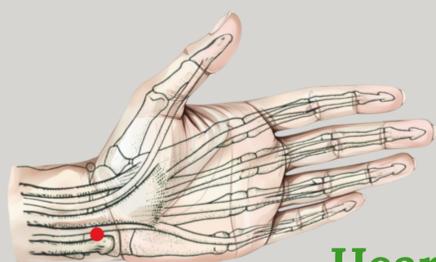


practice conscious awareness of Heart energy from 11am-1pm

✓ Take mini breaks to **presence yourself, tune inward, & breathe deeply** to foster calm.

✓ Coffee is best consumed within **2.5 hours** of waking but ideally **before 11am** to not disturb meridian clock.

### Acupressure to self-soothe and improve sleep



Heart 7 Shenmen "Spirit Gate"

Acupressure is a convenient, safe and effective practice with the ability to regulate the nervous system without adverse effects (Yang et al. 2021). Clinically, Heart 7 has shown to help in the modulation of stress, insomnia and anxiety (Son et al. 2019).

✓ Locate point, palm up, pinky side, in **depression next to the tendon**. Press & hold &/or **gently massage** the area with your **thumb** for about **60 seconds**.

#### Need more support for your heart, mind or spirit?

Contact your local Acupuncturist or TCM. **Acupuncture is a powerful tool** for regulating the nervous system, improving physical & cardio vascular health and helping to maintain a more balanced lifestyle.

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