

A Note from President and Founder
Nada Cory



Approaching life with an open heart means that we have opened the door to a greater consciousness.

Spiritual teachers have always pointed to the heart as the seat of consciousness, and recently Western science has found evidence to support this realization. It turns out that the heart has its own central nervous system and is not simply under the rule of the brain as formerly believed.

Anyone who has taken the time to explore the heart knows this and, more important, has realized that the heart is the source of our connection to a consciousness greater than the ego.

Approaching life with an open heart means that we have opened the door to this greater consciousness, taking up residence alongside it in the seat of our soul. Fortunately, at this time there is a lot of support for this shift energetically as well as practically. To some degree, *approaching life with an open heart is as simple as shifting your attention onto your heart*.

This issue finds its way into your inbox with love and thanks for your support. There are many articles and activities within, to educate you regarding heart health: mind.body.spirit. Please also take a moment to see how you can continue to impact yourself, our community, and beyond, and help us plant healthy lives and seeds of knowledge and wonderment, by becoming a member today!

In good health!
Nada

NOTE: For as little as $6 a month, your membership takes gardens within our parks and recreation, school campuses, vacant properties that might lay dormant, and creates an exemplary learning environment for providing hands-on nutrition and health education, promoting positive time outdoors, physical activity and developing collaborative skills.

Simply click below and choose from the many levels, secure payment options, and exclusive benefits, and let us continue this exciting journey together as we transform and unleash the power within all of us!

Yes, I want to become a Member!

Schools and Community

Arghh! A Visit from Pirate Sea "C"

Students at Hammock Pointe elementary, Boca Raton, FL, were treated to a fun and educational program, to help our young pirates sail the seven seas of wellness. Each Gardens of Hope club member received a bandana, project bag, and snack, as they "got their pirate on", and learned about the benefits, deficiencies, and many uses of vitamin C. A pirate story about long voyages of yesteryear without modern knowledge of proper vitamin C foods, making an aromatherapy citrus pomander, and sipping on organic fruit juices, drove the point home.

Peek at our **photo link**/**event video** and stay the course towards good health Matey! To find out how you can be a Garden of Hope recipient or to support our program, **click here**.





Gardens Helping Neighbors - A Heartfelt Mission

On February 4th, the Joseph P Cory Foundation joined an amazing group of volunteers, to replant their Garden of Hope, sponsored by The Doctors Fotek, **Dental Healing Arts**, Jupiter, FL. These heart-centered individuals, organized by Jill Cheretis (yogawithjillc), have been meeting regularly to keep up the farm,



When a tragedy befell a Jupiter Farms community last year, neighbors banded together to support its owner.
The Jupiter Creamery, a once active farm, needed infusions of money, volunteerism, and compassion, to bring new life and hope to the property and all that dwelled there.

harvest produce from the garden, and donate it to a local food pantry. This amazing group of Moms, Dads, and kids, pulled weeds, planted, labeled seeds and seedlings and built supports, in this unique "**lasagna garden**".

We are looking forward to continue our work with all of them, and watch the garden take root once again, as we **Grow it Forward**, in the name of health and wellbeing.

Photo Link

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Valentines Day Treats & Fun For the Family

Build Kids Up With Kindness

Love messages for kids is one of the sweetest and easiest things you can do for your children that will leave a lasting impression on them all year long.
Words are powerful. Kids pick up on that even at a young age. Words can hurt and more importantly, words can build you up. In this activity, we build up kids with kind and powerful words. This is also a quick and takes a few minutes.





Here are some ideas or some positive affirmations you can use if you need some suggestions to put on the love messages.

- You are kind
- You are a good friend
- You are great at _____
- Thanks for doing _____
- I love You!
- I love it when you _____
- You rock at _____
- You are beautiful
- You are strong
- I love how _____ you are.

You get the idea! Personalize it with things going on in their lives to make it more meaningful.



These fun skewers are a great way to serve up salad vegetables for kids, and best of all they are no-cook, so perfect for a quick lunch box side.



These sugar cookies are Gluten & Vegan, a great alternative for a healthier cookie option.



No Gluten & Vegan, and you can use you favorite sugar substitute as well.



Holy Cow!

For milk alternatives and fantastic recipe options, why not think about making your own nut and grain milks. This is a fun, fantastic family project, and helps sustain Mother Earth.

*No benefits are derived from any of "Nada's suggestions".

12 Heart Healthy Foods



- Eat **fish** high in **omega-3s**, such as salmon, tuna, mackerel, herring and trout.
- A handful of healthy nuts such as almonds or walnuts will satisfy your hunger and help your heart.
- Berries are chock full of heart-healthy **phytonutrients** and soluble fiber. Try blueberries, strawberries, blackberries or raspberries in cereal or yogurt.
- Seeds. Flaxseeds contain omega-3 fatty acids, and **phytoestogens** to boost heart health. Take them in ground or milled form to reap the
- Soy. Add edamame beans or marinated tofu in a stir-fry with fresh veggies for a heart-healthy lunch or dinner.
- Red, yellow and orange veggies such as carrots, sweet potatoes, red peppers, tomatoes and acorn squash are packed with carotenoids, fiber and vitamins to help your heart.
- Green veggies. Popeye was right — spinach packs a punch! So does kale, Swiss chard, collard/mustard greens and bok choy. Use these on sandwiches and salads instead of

greatest benefit. **Chia seeds** also provide omega 3, fiber and protein and can be eaten whole.

- Oats are the comfort-food nutrient powerhouse. Try toasting oats to top yogurt, salads or to add into a trail mix if you are not a fan of them cooked.
- Legumes. Dried beans and lentils — such as garbanzo, pinto, kidney or black beans, are high in fiber, B-vitamins, minerals and other good stuff. Veggie chili, anyone?
- A 4-ounce glass of red wine (up to two for men and one for women per day) can help improve **good (HDL) cholesterol levels**.

lettuce. Broccoli and asparagus are filled with mighty nutrients such as vitamins C and E, potassium, folate, calcium and fiber.

- Fruits such as oranges, cantaloupes and papaya are rich in beta-carotene, potassium, magnesium and fiber.
- **Dark chocolate** is good for your heart health. The higher the percentage of cocoa the better! (The fiber and protein increase with higher cocoa and the sugar decreases). If you are a fan of milk chocolate. start with at least 70% cocoa.

So...



Highlights and Accomplishments to Warm your Heart

- Gardens of Hope (GOH) curriculum approved by The School District of Palm Beach County (SDPBC)
- Course Standards assigned to Gardens of Hope syllabus
- Gardens of Hope, a SDPBC After School Learning Experience
- Gardens of Hope has a published paper in The International Journal of School Health
- Gardens of Hope, "Employee Health" planted at SDPBC Transportation Facilities
- Homeschool groups are eligible for GOH Ed - Email us and ask how
- You asked for it... MEMBERSHIP IS NOW OPEN!
- Garden and Farm tours, organic dinners, and more events to come

Yes, I want to become a Member!

Become Heart Empowered!

+ HeartMath.

It starts with each one of us.



As you bring your physical, mental and emotional systems into coherent alignment, you begin to experience increased access to your heart's intuitive guidance.

Tuning into your heart's wisdom creates a profound shift within that helps you approach situations with more emotional balance, compassion, clarity and personal confidence.

Studies conducted with over 11,500 people have shown improvements in mental & emotional well-being.

- 24% improvement in the ability to focus
- 30% improvement in sleep
- 38% improvement in calmness
- 46% drop in anxiety
- 48% drop in fatigue
- 56% drop in depression

Heal Your Heart with Ilene the Compassionate Heart Healer



Expert in Vibrational Healing ~ Conscious Channel
Medical Intuitive ~ Distinguished Teacher ~ Dynamic Speaker

Ilene helps an International clientele of heart-centered individuals and entrepreneurs who struggle with fear, self-sabotaging, negative thoughts or behaviors and self-worth issues, to experience inner peace, self-confidence, empowerment and clarity about their soul's purpose.

Ilene has been a Speaker at several conferences supporting the growth and development of entrepreneurs and professional nurses, offering wisdom on Conscious Heart Connection and facilitating guided meditations to assist the participants in connecting with their hearts and anchoring their intentions for that experience.

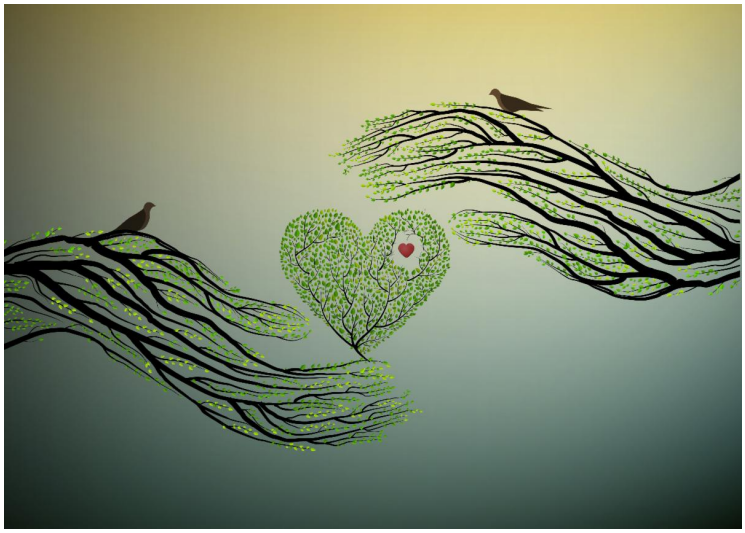
"As The Heart Healer I am here to remind whoever I am blessed to share with, that it is our soul/sole purpose to remember how to be a loving presence in our relationship with ourselves first! This isn't selfish, it's not easy, but it's why we are all here!"

After you read Ilene's wonderful **narrative**, click on Ilene's photo for a special treat.

Follow Ilene on these social media platforms:
Facebook: Ilene.Gottlieb Instagram: @IleneTheHeartHealer
LinkedIn: Ilene-Gottlieb Twitter: @IleneGottlieb YouTube: IleneGottlieb

Does a healthy Mouth equal a healthy Heart?

The research says "yes."



Poor oral health has been debated as a possible cause of heart disease for many years, studies have shown:

- Gum disease (periodontitis) is associated with an increased risk of developing heart disease.
- Poor dental health increases the risk of a bacterial infection in the blood stream, which can affect the heart valves. Oral health may be particularly important if you have artificial heart valves.
- Tooth loss patterns are connected to coronary artery disease.
- There is a strong connection between diabetes and cardiovascular disease and evidence that people with diabetes benefit from periodontal treatment.

Even though oral health isn't the main key to heart disease prevention, it's important to take care of your teeth and gums:

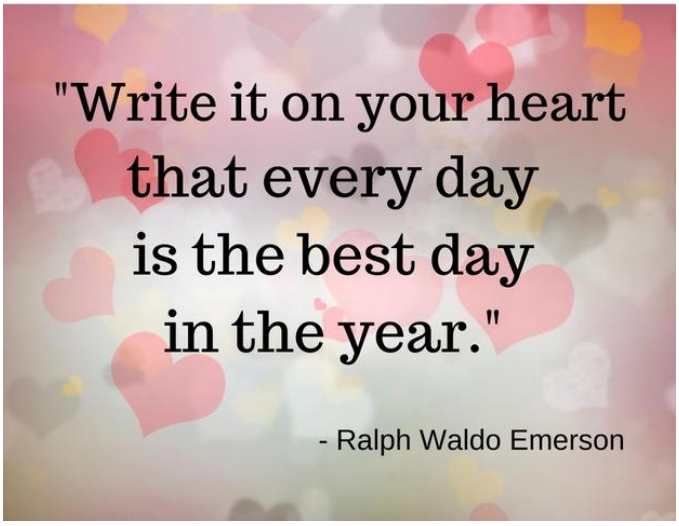
- Brush your teeth at least twice a day.
- Floss daily.
- Schedule regular dental checkups and cleanings.

If you're concerned about heart disease prevention, ask your health care professionals about proven ways to reduce your risk.

For more information and a safe holistic approach to your dental needs, click on the logo.

Dental Healing Arts

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Note: All medical information/nutritional content is compiled from affiliates and experts in their fields, and is not meant to treat or to replace the advice of your personal healthcare professional. The Joseph P Cory Foundation, provides guidelines and suggestions that align with our mission: Empowering people and communities to achieve wellness

and well-being through education, expertise, and guidance. Nada Cory/the Joseph P Cory Foundation does not receive compensation for recommendations and affiliate links.

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