

GIVE YOUR BEATING HEART SOME TENDER LOVING CARE!

How Soma Can Support Your Heart Health?

The Heart-Healthy Benefits of Acupuncture

Acupuncture is a proven method to enhance blood circulation throughout the body, including the heart. By restoring homeostasis, acupuncture plays an essential role in bringing the body back to a state of balance and overall well-being. One of the most significant advantages of acupuncture is the relief of stress and deep relaxation that it offers. Through its impact on the sympathetic nervous system, acupuncture significantly decreases sympathetic nerve activation in patients with heart health issues. Don't hesitate to contact our in-house acupuncturists at Soma and book your session today.

Start reducing your risk of heart disease today by...

- ✓ Being smoke free
- ✓ Staying physically active
- ✓ Eating a well balanced, healthy diet
- ✓ Maintaining a healthy weight for your body type
- ✓ Get enough sleep daily
- ✓ Reduce stress in your life

Valuable Health Tools and Resources

Podcasts are a great way to stay in the know and get valuable tool and resources based on your desired topic. They are readily available through our smart devices and have multiple different genres to choose, including health and wellness among other things. Many podcast hosts are experts in their fields, providing insightful and informative content that is both engaging and highly educational.

Here are some recommended podcasts that help to tackle the list of reducing your risk of heart disease. All of these recommendations can be found where you download your music other apps, and are free! Because, at Soma, you're health matters!

1. **The Beat**, By Heart and Stroke Foundation of Canada [The Beat](#)
2. **Everyday Wellness**, with Cynthia Thurlow [Everyday Wellness](#)
3. **Sleep Meditation**, By Lauren Ostrowski Fenton [Sleep Meditation](#)
4. **Nutrition Diva**, By Monica Reinagel [The Nutrition Diva](#)
5. **Happier**, with Gretchen Rubin [Happier](#)

