

Health Minute™

What are we doing?

We would like to reflect on where we have been with the heart health minute and where we are going. The heart health minute was conceived from a need to educate patients about the benefits of food as medicine. Traditional prescription medications have allowed many people to enjoy longer, healthier lives but we have forgotten about the importance of good nutrition to maintain health and prevent disease. Many of the articles we have shared over the past year have attempted to open your mind to the benefits of the bounty available to us in this country. The overwhelming response to our weekly writings via email and personal comments tells us we are succeeding. You can find an archive of previous columns on our website at www.fishcapsule.com



Hookem, our office mascot

Heart Health Minute's Top Ten

Apples	Fish Oil
Asparagus	Fiber
Broccoli	Green tea
Colorful vegetables	Organic Foods
Cranberry	Pomegranate

We thank you for your continued support and welcome your ideas for future columns. You can email us at arcticfresh@fishcapsule.com