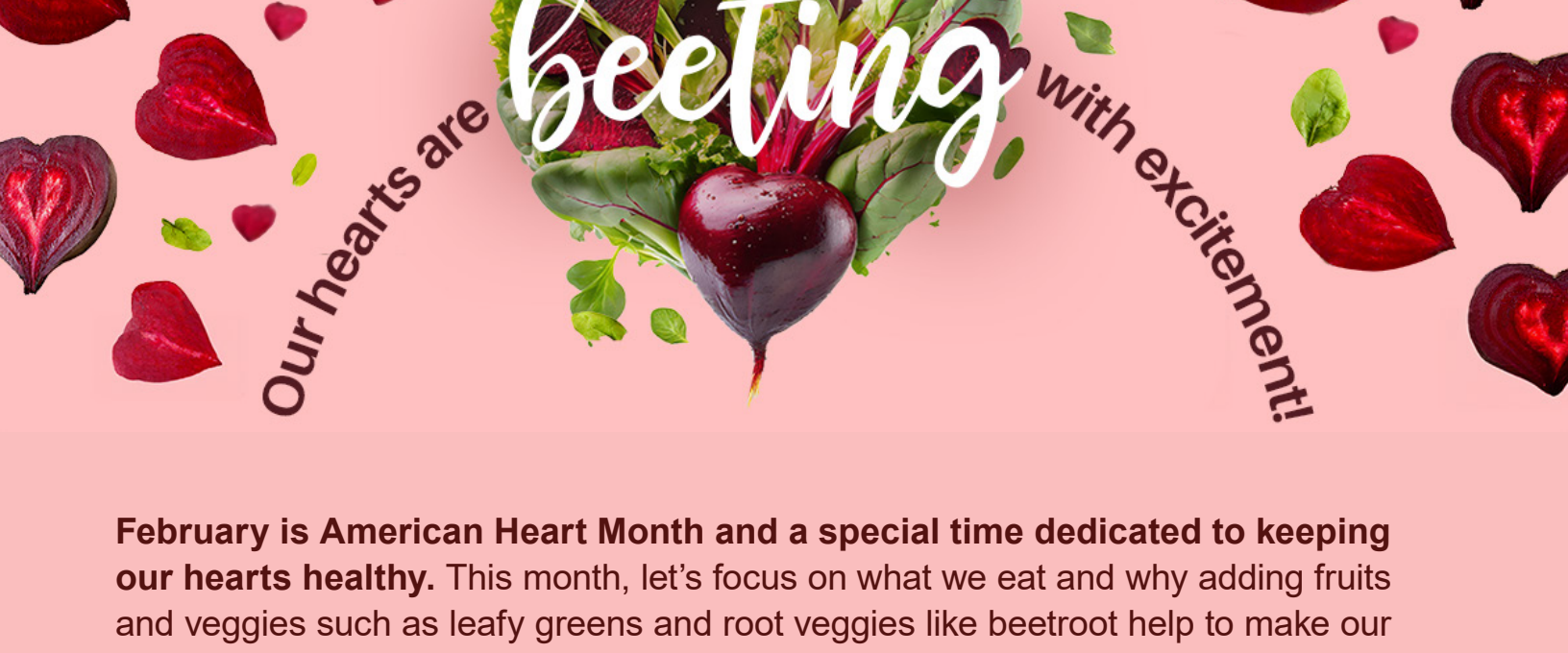


# FIND YOUR **Healthy Way** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources



**February is American Heart Month and a special time dedicated to keeping our hearts healthy.** This month, let's focus on what we eat and why adding fruits and veggies such as leafy greens and root veggies like beetroot help to make our hearts stronger.

These veggies have natural dietary nitrates, and studies reveal they're good for your heart. Some research even suggests that drinking beetroot juice might help lower blood pressure and improve blood flow.

This month, we have the privilege of having one of our esteemed cardiologists, Dr. Omid Amidi, explain why embracing simple yet nutritious options, including leafy greens and root veggies, helps support the well-being of your heart.



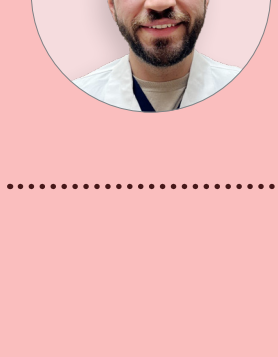
### Why eat fruits and vegetables for a healthy heart?

Fruits and vegetables pack essential nutrients including vitamins, minerals, antioxidants, and dietary fibers, all benefiting heart health. Antioxidants like polyphenols and flavonoids found in these foods fight oxidative stress and inflammation, lowering the risk of cardiovascular diseases. The fiber helps maintain healthy cholesterol levels, reduce blood pressure, and support overall heart function. Plus, the potassium in many fruits and veggies plays a vital role in regulating blood pressure for added heart protection.



### What are the specific benefits of beet juice, green leafy vegetables, and dietary nitrates on the heart?

Beetroot juice and green leafy vegetables, such as spinach, collard greens, and kale, contain dietary nitrates, which the body turns into nitric oxide. Nitric oxide helps relax and widen blood vessels, improving blood flow and lowering blood pressure. This improvement promotes better delivery of oxygen and nutrients to the heart and the entire body, leading to improved exercise performance, reduced risk of blood clots, and overall positive effects on heart health. Beets can be eaten raw, cooked, pickled, or added to a smoothie. Try beets, apples, and spinach in a morning smoothie to enjoy all the health benefits they offer.



**Omid Amidi, M.D. | Cardiologist**

**Practice Address**  
191 S. Buena Vista St., Ste. 400  
Burbank, CA 91505  
Office: (818) 848-0023

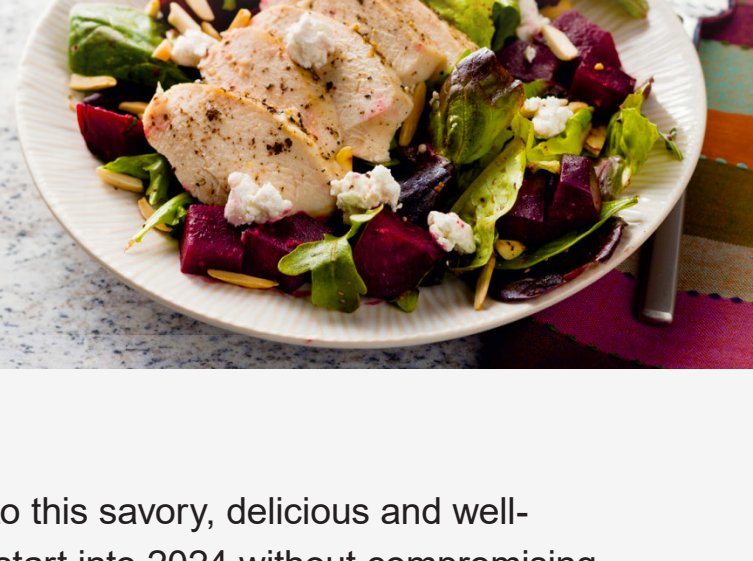
**Office Hours**  
Monday - Friday:  
8:00 a.m. - 5:00 p.m.



## Let's get to the root of good taste!

# Roasted Beet & Chicken Salad

with Goat Cheese



**Don't skip a beet!** Let your taste buds dive into this savory, delicious and well-balanced recipe. If you're aiming for a healthy start into 2024 without compromising taste, explore this high-protein, low-carb meal. The grilled chicken pairs perfectly well with the sweet earthiness of roasted beets, complemented by creamy goat cheese. Topped with slivered almonds for a bit of crunch, this salad offers a mix of tantalizing textures and flavors.

[Get the full recipe here!](https://www.diabetesfoodhub.org/recipes/roasted-beet-and-chicken-salad-with-goat-cheese.html)

<https://www.diabetesfoodhub.org/recipes/roasted-beet-and-chicken-salad-with-goat-cheese.html>



# It's Heart Month.

Let's talk about **high blood pressure.**

**Did you know?** When you have high blood pressure (also called HBP or hypertension), the increased force of blood flow may put extra strain on your heart and blood vessels. Over time, this extra strain may increase your risk of heart attack, stroke, or other condition.

However, many people who have high blood pressure do not experience any symptoms or even know they have it. The best way to know if you have high blood pressure is to have your blood pressure measured by your doctor or healthcare professional. Understanding your blood pressure numbers is key to controlling high blood pressure.

For more information on high blood pressure and heart health, visit our [Health Education library.](#)



## Join us!

# Annual Eastvale Lantern Festival

to celebrate the Year of the Dragon

**Saturday, Feb. 17** 11:00 a.m. - 8:00 p.m. | **Sunday, Feb. 18** 11:00 a.m. - 7:00 p.m.

Join us as we celebrate the Lunar New Year, the first new moon of a lunar calendar and an event celebrated by many Asian cultures in a variety of ways. The Annual Eastvale Lantern Festival is one of the many ways of honoring deities and ancestors while gathering with family and friends. This year's Chinese lunar calendar represents the Year of the Dragon; one of the 12 symbols of the Chinese zodiac.

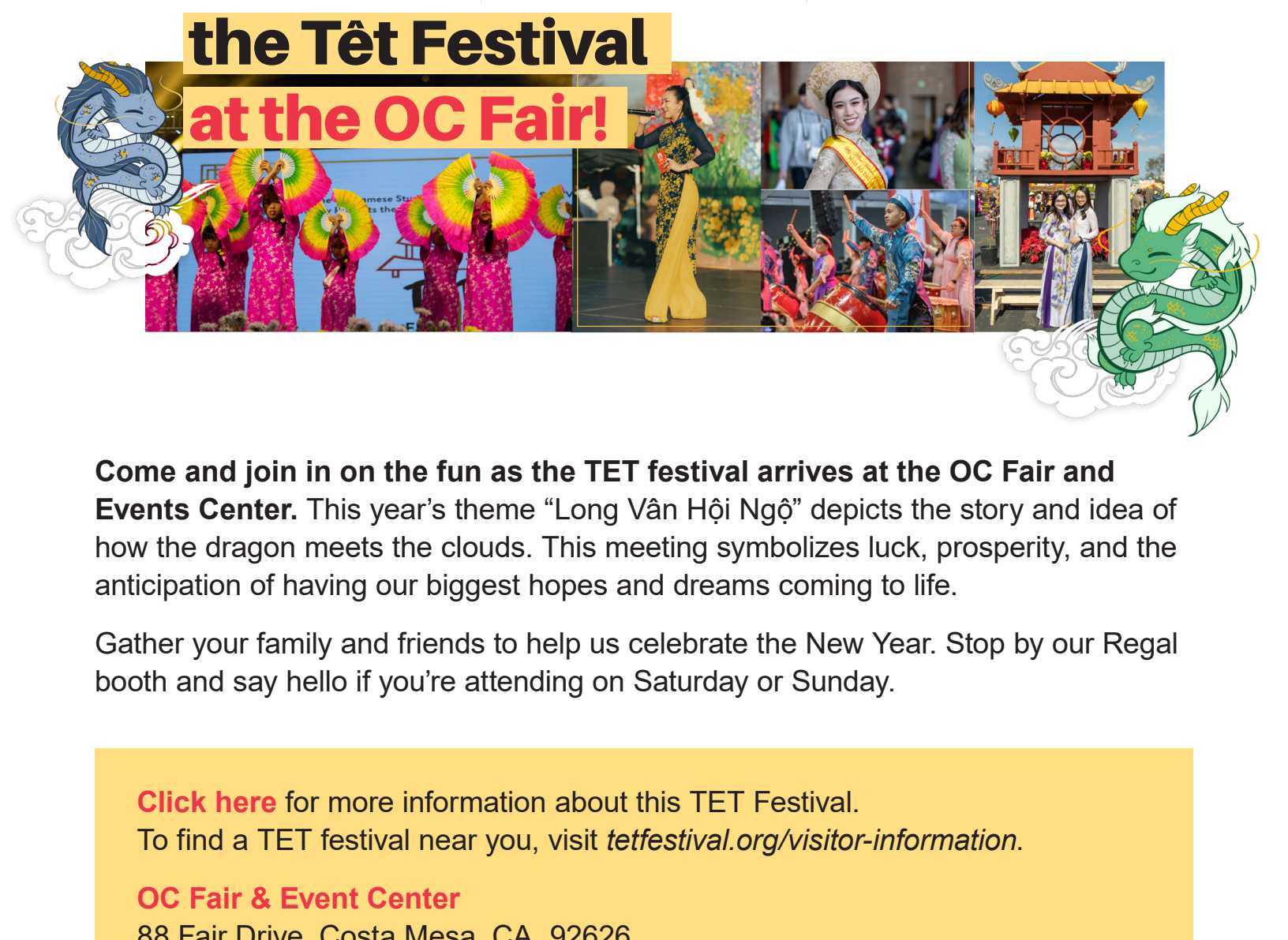
Please join Regal, Lakeside and ADOC in one of several festivals we're participating in this year. Make sure to mark your calendars and bring along your family and friends to share the fun and enjoy some music, parades, dancing and food. This event is free for adults and children, and pet-friendly. Don't forget to stop by our booth to say hello!

**Eastvale**  
7447 Scholar Way, Eastvale, CA 92880

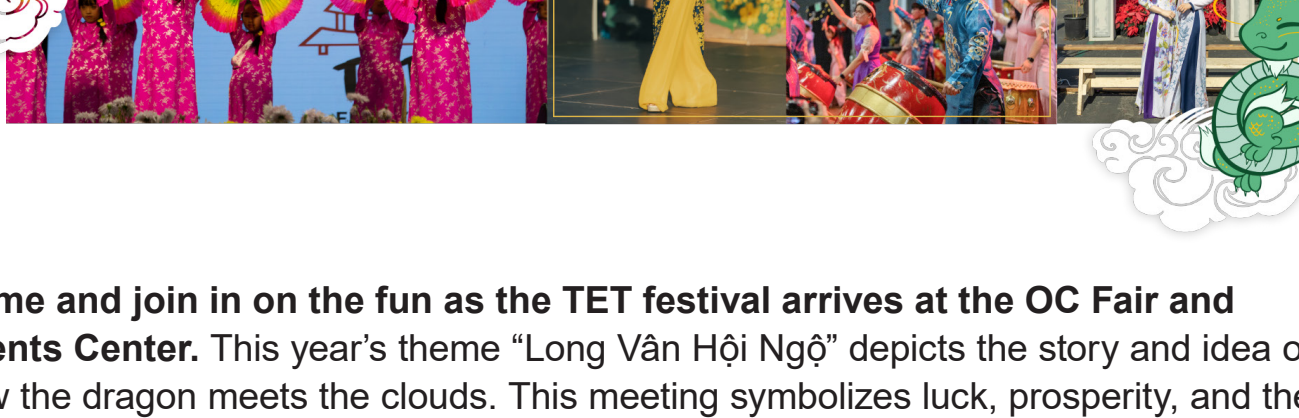
**Event Dates & Hours**  
**Saturday, February 17, 2024** 11:00 a.m. - 8:00 p.m. | **Sunday, February 18, 2024** 11:00 a.m. - 7:00 p.m.

**Tickets are free and only available through Eventbrite.**

[Click here](#) for more information and to get your tickets to this free event!



## Don't miss the TET Festival at the OC Fair!



**Come and join in on the fun as the TET festival arrives at the OC Fair and Events Center.** This year's theme "Long Vân Hội Ngộ" depicts the story and idea of how the dragon meets the clouds. This meeting symbolizes luck, prosperity, and the anticipation of having our biggest hopes and dreams coming to life.

Gather your family and friends to help us celebrate the New Year. Stop by our Regal booth and say hello if you're attending on Saturday or Sunday.

[Click here](#) for more information about this TET Festival.

To find a TET festival near you, visit [tETFestival.org/visitor-information](http://tETFestival.org/visitor-information).

**OC Fair & Event Center**  
88 Fair Drive, Costa Mesa, CA, 92626

**Event Dates & Hours**  
**Friday, February 9** 4:00 p.m. - 10:00 p.m. | **Saturday, February 10** 11:00 a.m. - 10:00 p.m. | **Sunday, February 11** 11:00 a.m. - 9:00 p.m.



Let's celebrate!

# TET Festival

at Mira Mesa Park

Let's continue with the celebrations by joining us at the **San Diego TET Festival.** It's true! This Vietnamese New Year is the most eagerly anticipated holiday in Vietnamese culture. It's a time for family and friends to gather and share warm wishes and lavish celebrations.

**FUN FACT!**  
2024 is the year of the Green Wooden Dragon!

Don't miss this event because the fun never stops!  
We look forward to seeing you there!

**February 16 - 18, 2024 at Mira Mesa Community Park**

For more information, visit [SDTet.com](http://SDTet.com).