

Lenape Valley Foundation offering mental health first aid training

Lenape Valley Foundation is offering a training course for Mental Health First Aid Certification on Wednesday, March 26th, from 8:00am to 4:30pm, at their headquarters located at 500 N. West Street, Doylestown. This training is made possible through a grant from the Bucks

County Department of Mental Health/Developmental Programs.

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand and respond to signs of mental illness and substance use disorders. Mental Health First Aid is offered in the form of an interactive course that

presents an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and gives an overview of common treatments. Those who take the course to certify as Mental Health First Aiders learn a five-step action plan

encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social and self-help care.

The training course is free and lunch will be provided. Registration is required. To register, call Nicole Wolf at 215-458-4220 or e-mail Nicole.wolf@lenapevf.org. A certificate of course completion will be given to participants at the end of the training.

Celebrate Heart Health Month with these supplements

submitted by GNC, Newtown

Heart disease is the nation's No. 1 killer. February is American Heart Health Month and the perfect time to get acquainted with these heart-healthy supplements.

OMEGA-3 FATTY ACIDS - These supplements, known as

DHA and EPA help the body keep inflammation under control. They help reduce the blood's tendency to form clots within arteries that might trigger heart attacks. Omega-3 also keeps cell membranes soft and pliable, so blood vessels remain open and free flowing. Fish oil is a

primary source of omega-3. However, krill oil, from shrimp-like crustaceans, has become an increasingly popular source. Unlike standard fish oil, which is absorbed in the stomach, krill oil is absorbed in the intestinal tract rendering a much higher level of absorption.

COENZYME Q-10 - This organic compound, found in every cell of the body, supplies important biochemical needed for cellular energy. Since the heart requires large amounts of energy to function properly, its cells require a great amount of CoQ-10. This amazing compound is also a potent antioxidant, reducing damage from free radicals. It enhances the heart's pumping action, helping maintain a regular, coordinated beat. Recently, many have switched to ubiquinol—the reduced, active antioxidant into which CoQ-10 converts in our bodies.

L-CARNITINE - This amino acid-like compound helps convert fatty acids into energy. It is beneficial to heart function in many ways. In a recent clinical trial, patients with diabetes and high blood pressure were given 4 grams daily. After 45 weeks, they showed a significant decrease in abnormal heart function and irregular heart-beat. It also appears that this nutrient can help treat congestive heart failure, as well as improve exercise capacity by facilitating the body's burning of stored fat.

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