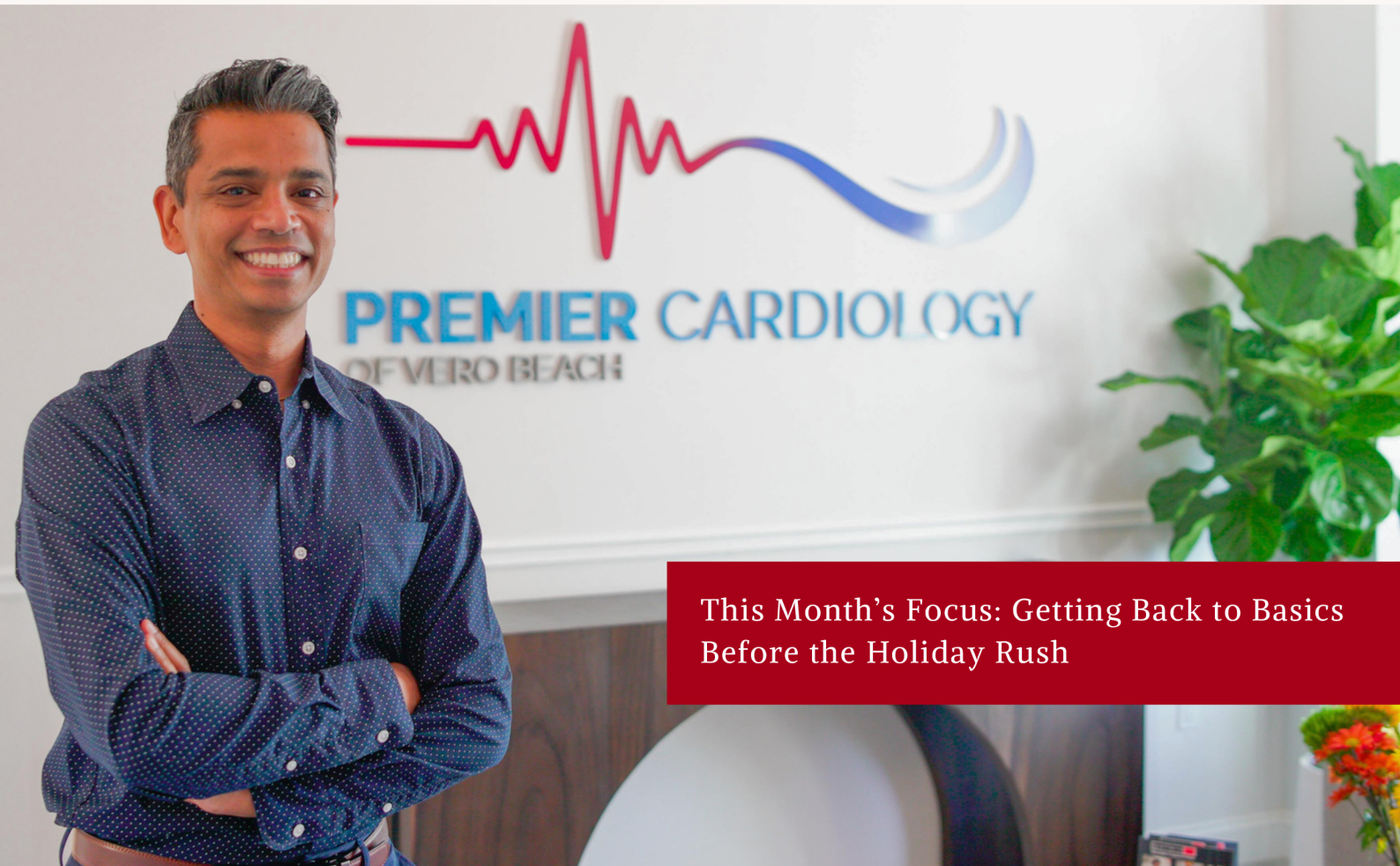


PREMIER CARDIOLOGY

Rethink Your Wellness: From Supplements to Self-Care and Smarter Hydration



**This Month's Focus: Getting Back to Basics
Before the Holiday Rush**

As we ease out of summer and step into the busyness of fall, September is the perfect time to refocus on foundational health decisions that have lasting impacts on our heart, liver, and overall well-being. In this issue, we address some surprisingly common but often overlooked wellness concerns — from supplement risks and hydration habits to the underrated benefits of regular massage.

Not All Wellness Trends Are Safe: The Hidden Dangers of Unregulated Supplements



Newsletter Highlights

ISSUE NO. 16 | BETTER SLEEP, BETTER HEART: EXPLORING THE CONNECTION BETWEEN REST, BRAIN HEALTH & CARDIOVASCULAR WELLNESS

MEDICAL INSIGHT: NOT ALL WELLNESS TRENDS ARE SAFE: THE HIDDEN DANGERS OF UNREGULATED SUPPLEMENTS

LIFESTYLE TIP: MORE THAN JUST RELAXATION: WHY REGULAR MASSAGE THERAPY SUPPORTS CARDIOVASCULAR WELLNESS

ELECTROLYTE DRINKS: HELPFUL OR HARMFUL? UNDERSTANDING WHEN THEY'RE ACTUALLY NEEDED

MYTHBUSTER CORNER
OUR HAPPY PATIENTS

HEART-HEALTHY RECIPE OF THE MONTH

In the age of social media influencers and “natural” wellness brands, dietary supplements are more popular than ever. However, what many don’t realize is that supplements are not regulated by the FDA with the same level of scrutiny as prescription medications. This lack of oversight means that consumers can be unknowingly exposed to ingredients that are toxic to the liver, interact dangerously with heart medications, or contribute to long-term organ damage.

A growing number of studies and case reports now point to herbal and bodybuilding supplements as a leading cause of acute liver injury in otherwise healthy adults. These injuries can occur suddenly, often without warning, and may lead to hospitalization or liver failure. For heart patients, the risks are amplified — particularly if you’re taking statins, blood pressure medication, or anticoagulants.

Warning signs of supplement-induced liver damage can include fatigue, nausea, yellowing of the skin or eyes (jaundice), dark urine, and unexplained abdominal pain. But often, symptoms are subtle or absent until damage is advanced.

Takeaway: Just because it’s sold over the counter doesn’t mean it’s safe for your heart. Always talk to your doctor before adding any supplement to your routine, especially if you’re already managing a chronic condition or taking medication.

More Than Just Relaxation: Why Regular Massage Therapy Supports Cardiovascular Wellness



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Massage therapy is often viewed as a luxury, but it's actually a powerful tool in preventative health. Studies show that regular massage not only helps with stress reduction, but also promotes improved circulation, lower blood pressure, and even better sleep — all crucial components of cardiovascular and emotional well-being.

Massages stimulate the parasympathetic nervous system, helping to reduce stress hormone levels like cortisol. For patients managing hypertension, anxiety, or sleep disorders, this kind of nervous system reset is incredibly valuable. Better yet, it can lead to a more balanced heart rate and lower resting blood pressure over time.

Even once-a-month sessions can offer noticeable benefits. And for caregivers, busy professionals, or patients in recovery, massage offers a meaningful moment of stillness in otherwise hectic routines.

Consider incorporating massage into your wellness regimen, just like you would exercise or nutrition. Your heart — and your nervous system — will thank you.

Electrolyte Drinks: Helpful or Harmful? Understanding When They're Actually Needed



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HEART-HEALTHY RECIPE OF THE MONTH

In Florida's heat and humidity, electrolyte drinks can seem like a smart choice — and in some cases, they are. But for many people, especially those who aren't doing intense physical activity or experiencing fluid loss (e.g., from illness), these beverages can do more harm than good.

Many commercial electrolyte drinks are loaded with sugar, artificial flavors, sodium, and synthetic ingredients. Regular consumption — particularly among people with high blood pressure, heart failure, or kidney concerns — can elevate risk factors and strain the cardiovascular system.

When are electrolyte drinks helpful?

- After extended periods of sweating from heat or vigorous exercise
- During or after illness involving vomiting or diarrhea
- If you've been medically advised due to specific electrolyte imbalances
- **Better alternatives:** Coconut water, watermelon juice, or even a pinch of sea salt and lemon in water can naturally replenish minerals without the added sugars.
- **Bottom line:** Unless directed by your physician, stick with plain water as your primary hydration source — and use electrolyte beverages sparingly.

MYTH Buster!

"Supplements are harmless because they're natural."

Debunked: Many supplements contain hidden or mislabeled ingredients that can cause serious harm — including liver failure, cardiac arrhythmias, and interactions with prescribed medications. Natural doesn't mean risk-free. Always consult your doctor.

Our Happy Patients



Diane DElia Loomis

Wonderful experience with the office staff. Courteous, kind knowledgeable. Amanda NP was amazing! I would recommend this group to everyone!

Omi Kidd

Amanda is the best. So caring and so knowledgeable. All the staff are wonderful and of course Dr. Gongidi is the greatest!!



Grilled Cuban Mojo–Marinated Pork Tenderloin with Fried Plantains

Bold, satisfying, and full of flavor — this Caribbean-inspired dish is heart-smart with lean pork tenderloin and vibrant citrus-garlic marinade. Plantains provide natural potassium and fiber, but instead of frying, try air-frying or baking for a healthier take.

Ingredients:

- 1/2 cup tightly packed fresh cilantro
- 1/2 cup 100% orange juice (juice from 1 medium orange)
- 2 medium green onions, coarsely chopped
- 1/4 cup fresh lemon juice (from 1 to 2 medium lemons)
- 1/4 cup fresh lime juice (from 2 to 3 medium limes)
- 8 medium garlic cloves
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano, crumbled
- 1 1/4 pounds pork tenderloin, all visible fat discarded
- 1 1/2 tablespoons canola or corn oil and 1 1/2 teaspoons canola or corn oil, divided use
- 1/8 teaspoon pepper and 1/8 teaspoon pepper (freshly ground preferred), divided use
- 1/8 teaspoon salt
- 2 ripe plantains, peeled and cut diagonally into slices about 1/2-inch thick
- Cooking spray


Directions:

1. In a food processor or blender, process the cilantro, orange juice, green onions, lemon juice, lime juice, garlic, cumin, and oregano. Process for about 1 minute, or until smooth. Transfer the marinade to a large shallow dish, reserving 1/4 cup. Add the pork, turning to coat. Cover and refrigerate for 2 to 24 hours, turning occasionally.
2. About 30 minutes before the pork is ready to grill, preheat the oven to 450°F and preheat the grill on medium high.
3. In a large bowl, whisk together 1 1/2 tablespoons oil, 1/8 teaspoon pepper, and the salt until combined. Add the plantain slices, turning to coat.
4. Cover a large baking sheet and two smaller ones with aluminum foil. Lightly spray all three sheets with cooking spray. Arrange the plantains in a single layer on the baking sheets. Bake for 15 minutes. Remove from the oven.
5. Turn over the plantains. Bake for 10 to 15 minutes, or until the plantains are crisp and caramelized on the outer edges. Watch carefully so they don't burn.

6. Meanwhile, drain the pork, gently wiping off most of the marinade. Discard the marinade.
7. Sprinkle the remaining 1/8 teaspoon pepper over the pork. Using a basting brush, brush the remaining 1 1/2 teaspoons oil over the pork. Transfer to the grill.
8. Grill the pork for 15 to 20 minutes, or until the thickest part of the pork reaches an internal temperature of 145°F, turning every few minutes.
9. Transfer the pork to a cutting board. Let stand for at least 5 minutes. Cut into slices. Transfer to a large platter. Spoon the reserved marinade over the pork. *Serve with the plantains.*

Until Next Time...

As we prepare for the final stretch of the year, September reminds us that heart health is often rooted in the everyday choices we make — from what we eat and drink, to how we manage stress, and even the supplements we trust. Whether you're navigating a new diagnosis or simply looking to improve your daily routine, our team at Premier Cardiology is here to guide you with compassion, clarity, and evidence-based care. Let's continue making heart-smart decisions together.

 Stay informed. Stay proactive. And as always — stay heart-strong.

Visit www.premiercardiologyvb.com to schedule a consultation, read more articles, or reach out with any questions.



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