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Heart Healthy focuses on four key areas of health, which include [Activity](http://www.nicholasdepacemd.burtoniaconsulting.com/healthy/activity),[Nutrition](http://www.nicholasdepacemd.burtoniaconsulting.com/healthy/nutrition), [Wellness](http://www.nicholasdepacemd.burtoniaconsulting.com/healthy/wellness), and [Supplements](http://www.nicholasdepacemd.burtoniaconsulting.com/healthy/supplements). Between the balance of what goes into your body, the ability to stay active, and a healthy mind, you can build the foundation to a healthy heart life!

  
  
  


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[Avocados!](http://nicholasdepacemd.burtoniaconsulting.com/avocados/)

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"The fat that is in an avocado is monounsaturated fat, which is the good fats and heart health[[...]](http://nicholasdepacemd.burtoniaconsulting.com/avocados/)

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Dr. Depace’s Top Ten Heart Healthy Ingredients 1. FISH OIL - OMEGA 3 FATTY ACIDS Fish Oil[[...]](http://nicholasdepacemd.burtoniaconsulting.com/dr-depaces-top-ten-heart-healthy-ingredients/)

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[Hormones and SCA](http://nicholasdepacemd.burtoniaconsulting.com/new-study-finds-correlation-hormone-serum-levels-risk-sudden-cardiac-arrest/)

September 11th, 2014

"Sudden cardiac arrest kills from 250,000 to 300,000 people in the United States." New Study [[...]](http://nicholasdepacemd.burtoniaconsulting.com/new-study-finds-correlation-hormone-serum-levels-risk-sudden-cardiac-arrest/)

[](http://nicholasdepacemd.burtoniaconsulting.com/womens-heart-health/)

[Women's Heart Health](http://nicholasdepacemd.burtoniaconsulting.com/womens-heart-health/)

September 4th, 2014

"It’s important that all women who are at risk learn to identify the signs and consult with th[[...]](http://nicholasdepacemd.burtoniaconsulting.com/womens-heart-health/" \o "Women's Heart Health)



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<div style="margin:2.8% 0 0;" class="healthyBOX01 masterPagestyle">[rev\_slider healthy]</div>

<div class="healthyBOX02 masterPagestyle">

<p>Heart Healthy focuses on four key areas of health, which include <a href="http://www.nicholasdepacemd.burtoniaconsulting.com/healthy/activity">Activity</a>, <a href="http://www.nicholasdepacemd.burtoniaconsulting.com/healthy/nutrition">Nutrition</a>, <a href="http://www.nicholasdepacemd.burtoniaconsulting.com/healthy/wellness">Wellness</a>, and <a href="http://www.nicholasdepacemd.burtoniaconsulting.com/healthy/supplements">Supplements</a>. Between the balance of what goes into your body, the ability to stay active, and a healthy mind, you can build the foundation to a healthy heart life!</p>

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<img src="http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/08/wellness-woman.jpg" alt="wellness-woman" width="250" height="175" />

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<div class="healthyBOX04 masterPagestyle">

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