

Mended Hearts of Boise

General Meeting Minutes

Chapter 380

July 17th, 2024

President Tom Nichols Welcomed Guests to the meeting and introduced the Guest Speaker, Dr. James Trapp, D.O.

Member Attendees: Becky Newberry, Adrienne & Dennis Sheidlak, Jack Marr, Ray & Wini Trapp, Tom and v Nichols, Pat Toshcoff, Bruce Parks, Nancy Eimer, Melodie Jones, Ginger Ford, Dave Huber, Odee Gordon, Dee, Barb Perry, and new attendee Bob Prew.

Guest Speaker: Dr. James Trapp is a chiropractor by profession specializing in Kinetic Chiropractic which includes massage and nutritional services for holistic health. He also teaches biology at CWI.

Vitamin B and it's Role in the Heart: The B vitamin you really need.

Many people are either taking a multivitamin or some kind of B vitamin. Vitamin B complex is sold in a variety of forms with claims to boost energy, increase muscle tone, and fortify the nervous system.

Our bodies are designed to assimilate real foods for growth and repair of organs and tissues, not synthetic chemicals so don't be fooled by a long label listing Synthetic B vitamins. Vitamins, unlike drugs, are living complexes and it is critical to get these in a form that includes all the enzymes, coenzymes, and minerals that make up a naturally occurring vitamin. Vitamin B needs other things to work and enzymes make everything happen.

Most people have heard of vitamins B1, B2, and B6, but have you heard of vitamin B4? The Merck Manual 10th edition, describes B4 as widespread throughout plant and animal tissues. Vitamin B4 promotes the efficient nerve conductivity of the heart and helps maintain the rhythm of the heart.

Unless you derive your B vitamins from whole food sources, vitamin B cannot be synthesized by the body. Whole B vitamin complexes are only found in foods such as nutritional yeast, liver, and wheat germ, which contain natural vitamin complexes that support any of your body systems including your heart muscle. All organ meats are your best source of vitamin B4.

Deficiencies of vitamin B can lead to several disorders in the body. The first discovery of the benefits of Vitamin B was in 1897 when sailors came down with Beriberi after long voyages without fresh food. Since then lack of Vitamin B has been found to be related to mental depression, angina, ulcers, IBS, tachycardia, and several others. Alcohol can destroy some of the B vitamins.

Some other B vitamins that are not as well known include B13 (Orotic Acid) whose primary source is Jerusalem artichokes. This vitamin is known to help any chronic disease and heart rhythm regulation. B15 (Pangamic Acid) found in apricot kernels, beef, pumpkin seeds, and sunflower seeds helps with muscle fatigue, excessive lactic acid, endurance, drug addiction, brain damage, and stimulation of speaking ability in stroke victims. B17 (Laetril) is found in apricot kernels, almonds, and apple seeds. This vitamin helps with cancer elimination and prevention, reduces side effects of chemotherapy, radiation, and side effects of cancer surgery (the spreading of rogue cells).

The important thing to remember about the B vitamins is to get them through whole food sources. They are found in highest abundance in meat, eggs, and dairy products. Processed carbohydrates such as sugar and white flour tend to have lower B vitamins as their unprocessed counterparts. For this reason, it is required by law in many countries (including the United States) that the B vitamins Thiamine, riboflavin, niacin, and folic acid be added back to white flour after processing. This is referred to as “enriched flour” on food labels. B vitamins are particularly concentrated in meat such as turkey, tuna, and liver. Sources also include legumes, whole grains, potatoes, bananas, chili peppers, tempeh, nutritional yeast, and molasses.

If the label on the food has “enriched” or “fortified”, try to buy the whole food equivalent to get vitamin B that the body can use.

Dr. Trapp`s speech was very enlightening and a great presentation.

MHI Updates - Ray Trapp Rocky Mtn Region Regional Director

Ray presented the MHI 2023 awards for members of Chapter 380

Bruce Parks - Rocky Mountain Newsletter of the year
Mended Heart Newsletter of the year
Mended Hearts International Newsletter of the year

That is all three of the highest awards and Bruce took them all!! We are proud of his work and it is well deserved. A great accomplishment! Thank you Bruce.

Additional awards were also earned by

Jack Marr - Visitor of the Year
Dennis Shiedlak - Volunteer of the Year
Chapter 380 - Chapter of the Year
St. Luke's - Hospital of the Year- accepted by Lisa Cordova
Marline Blizer - from St. Al's for Heart Hero of the Year

A big thank you to this great support team and a show of how much all of them mean to the success of our chapter.

Treasurers Report - Becky Newberry, Treasurer & Membership Chair

Conversion to Synovus Banking Completed

Our funds are being managed by MHI as of late May 2024, all chapter/group funds were transferred to protected accounts to prevent improper spending (that had been discovered among some chapters/groups). Disbursement forms can be used by the signatories on our accounts for gaining access to chapter funds.

Next Cardiac Rehab Education Day - updates from Dennis Shiedlak ,

Cardiac Education/Courier

Cardiac Rehab Visits are held monthly at St Luke's Meridian

Cardiac Rehab visits at St Luke's in Nampa every other month on the 1st Tuesday and 2nd Monday

Cardiac Rehab at SARMC Boise

Quarterly Newsletter - Editor, Bruce Parks

Summer Edition has been published and distributed via MailChimp and locally. Great job on the newsletter!!

Visitor/Caller Updates - Visiting Chair, Jack Marr

MH Visitor , please keep your accreditation current
New Pre-Visit Program starting at St Luke's Downtown (Dave Huber)

Program Speaker Update - Program Coordinator, Pat Toshcoff

August 21 - Dave Huber will describe activities while he served as
MH chapter president in Washington
September 18 - a dietician from St Luke's Congestive Heart Failure
Clinic will talk to us about heart healthy eating

Chapter 380 Website (<https://www.mhboise.org/>) - Nancy Eimer, Web
Administrator
Inviting tag lines or "elevator speech" from members about their
heart journey