



# Tales of a Ranting Ginger

Family friendly Canadian Review/Giveaway blog. Posting family fun, discounts and quirky redheaded humor. PR friendly

### Pages

- Pr Friendly
- Home
- Giveaway Policy
- Contributors

This Blog is PR Friendly



## Giveaway-femMED Heart Health

### Keep your Heart Healthy

- Cardiovascular disease is the # 1 killer of women in Canada and worldwide.
- Our risk for cardiovascular disease is 4 times greater after menopause.
- Women are 10 times more likely to die from cardiovascular disease than from any other disease.

*"Heart disease is largely preventable. Women need to do everything they can to protect themselves against their number one health threat. Among my recommendations are that women eat a heart-healthy diet, get regular exercise and take a supportive supplement, such as femMED's Heart Health. femMED's Heart Health contains a high-quality, pharmaceutical grade fish oil. Numerous studies have shown that fish oil can reduce multiple risk factors for heart disease. femMED's Heart Health also contains co-enzyme Q10, an important antioxidant for the heart and entire body, along with other supportive nutrients."*

Sherry Torkos, BSc Phtn,  
Registered Pharmacist, health author and fitness expert

**RISK FACTORS WE CAN CONTROL**

- Smoking
- Inactivity
- Stress
- Carrying excess weight
- Poor dietary choices
- Excess alcohol consumption
- High blood pressure
- High cholesterol
- Diabetes

All femMED formulations are \$20.95 for a 30 day supply and are available at major retailers across Canada.

February is Heart month in Canada. there is no better time to start thinking about the health of your heart than now. Did you know that Cardiovascular disease is the number 1 killer of women in Canada and the world?

#### Tips to maintaining a healthy heart

- do not smoke, if you do, take the steps to stop
- be active. It is recommended adults get 2.5 hours of physical activity a week (really not much)
- Maintain a healthy weight
- reduce cholesterol, eat healthy
- reduce stress
- see your Dr for regular check ups

Public Health Canada is a great resource for heart health for women

#### From the femMED site

Heart Health Omega-3 + CoQ10 is specially formulated to provide a concentrated blend of omega-3 fatty acids and coenzyme Q10 to help support and maintain



### Grab My Button



<http://talesofarantingginger.com>

### Current Giveaways

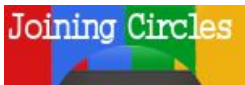
- Skinfix Inc US/CAN Feb 9
- 
- EdenFantasys GC 3 winners US/CAN Feb 13
- 
- Purdy's chocolate Canada only Feb 13
- 
- K-Y Date night pack US & Canada Feb 13
- 
- Lady and the Tramp Bluray/DVD combo pack US & Canada Feb 13



Fundraising Ideas



Proudly a Member of



Check Out These Blogs

cardiovascular health.

**Suggested Usage:** Adults – take 1 softgel twice daily, with food.

**Caution:** Do not use this product if you are pregnant, breastfeeding or have an allergy/sensitivity to betaine. If you have a pre-existing medical condition, or are taking prescription medications, consult a health care practitioner prior to use.

This product does not contain corn, dairy, egg, gluten, yeast, artificial colours, flavours, sweeteners or preservatives.

\*\*\*\* GIVEAWAY! \*\*\*\*

**CONTEST IS OVER** **435** **+0**  
entries collected left to earn

**femMED Heart Heath (\$29.95 value)**

ENTER TO WIN [WHO ENTERED?](#)

**AND THE WINNER IS...** results powered by [Random.org](#)

Entry #291 **Doreen R.**

Do you run giveaways, too? [Try Rafflecopter!](#) It's free.

You an advertiser? [Promote your brand w/ Rafflecopter.](#)

a [Rafflecopter](#) giveaway



COMMENTS (26)

LOGIN

Sort by: **Date** Rating Last Activity

Claire · 2 weeks ago 0

i'd love to try HORMONAL BALANCE

**Reply**

belinda mcnabb · 2 weeks ago 0

I would also like to try the hormonal balance

bluebelle0367(at)hotmail(dot)com

**Reply**

\$100 cash World Wide Feb 14

Subscribe To the Ranting Gi

Posts

Comments

Subscribe via email

Enter your email address:

**Subscribe**

Delivered by FeedBurner



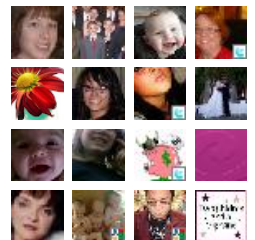
The Ranting Ginger on Facebook

FOLLOW ME ON [twitter](#)

Followers

**Join this site**   
with Google Friend Connect

**Members (782)** [More »](#)



Already a member? [Sign in](#)

Search This Blog

 **Search**




Powered by Blogger.

- Doreen Riopel · 2 weeks ago

ENERGY is one other product I would love to try out.

0

Reply
- kara sceviour · 2 weeks ago

I would like to try the femmed energy. karasceviour at hotmail dot com

0

Reply
- Diana · 2 weeks ago

I would love to try the Multi and Oxidants.

0

Reply
- erin m. · 2 weeks ago

i would love to try the Femmed Energy

0

Reply
- Samorjj · 2 weeks ago

I want the Energy one too. With an 11 month old I need all the help (engery-wise) I can get!

0

Reply
- Debbie Kennedy · 2 weeks ago

I'd like to try the HEART HEALTH formula

0

Reply
- Amy C · 2 weeks ago

I would like to try the femMED Sleep.

0

Reply
- Glogirl · 2 weeks ago

I would like to try the MULTI + ANTIOXIDANTS formula.

0

Reply
- Gizele · 2 weeks ago

I would also like to try the the Multi and Oxidants.

0

Reply
- hannasmom · 2 weeks ago

I would like to try the "SLEEP" product by femMed so that i can use something natural to help regulate my sleep instead of a prescription.

0

Reply
- ksceviour · 2 weeks ago

I would like to try the skin, hair and nails .

0

Wed, Feb 8, 9:38 AM CST  
**Sapphire & Diamond Circles Pendant**  
 \$129  
[Newest Deals](#)  
 powered by [Brad's Deals](#)




**46,452 Visitors**  
 30 Jan 2011 - 5 Feb 2012  
 ClustrMaps® Click to see

Free Template By:






ksceviour at hotmail dot com

Reply

 Karry Knisley · 2 weeks ago 0  




I would like to try the Femmed Energy

Reply

 Janette · 2 weeks ago 0  




Would like to try SLEEP

Reply

 louise gilbert · 2 weeks ago 0  




I would like to try the MULTI + ANTIOXIDANTS formula

Reply

 Athena · 2 weeks ago 0  




I'd love to try HAIR, SKIN & NAILS

Reply

 Pam · 2 weeks ago 0  




I want and need to try bone health.

Reply

 Bren · 2 weeks ago 0  





I'd like to try Hair, Skin & Nails.

Reply

 Ami B · 2 weeks ago 0  




I'd like to learn more about the ENERGY supplement.

Reply

  Suesueper · 1 week ago 0  




I would like to try femMed Sleep

Reply

 Laura · 1 week ago 0  




femmed energy

Reply

 amy brown · 1 week ago 0  




I'd like to try the Hair, Skin & Nails

Reply

 Georgia · 6 days ago 0  

I would love to try the skinfix lip repair balm

Reply

 Georgia · 6 days ago 0  

/weird - not sure where that comment came from?!? autofill?  
Anyways...  
I'd like to try the heart health formula

Reply

1 2 NEXT »

## POST A NEW COMMENT

Enter text right here!

Comment as a Guest, or login:

Name  Email  Website (optional)

*Displayed next to your comments.*

*Not displayed publicly.*

*If you have a website, link to it here.*

Subscribe to

Submit Comment

### LINKS TO THIS POST

CREATE A LINK

POSTED BY GINGERMOMMY AT 2:54 PM 

    Recommend this on Google

LABELS: BOOK REVIEW, FEMMED, GIVEAWAY, HEALTH

Newer Post

Home

Older Post

Powered by ShesConnected:  
Group management tools for women.

**Shes Connected**  
*In life. In work. In play.*

## BLOG ARCHIVE

Blog Archive 