



Feisty Frugal & Fabulous

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femMED Heart Health Giveaway

FEBRUARY 15, 2013 BY TENILLE

64 COMMENTS



FACTS

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

RISK FACTORS WE CAN CONTROL

- Smoking: Women who smoke have two to three times the risk of heart disease; exposure to second hand smoke is also a risk factor.
- Inactivity: Not getting enough physical activity (couch potato lifestyle) doubles your risk.
- Stress: Increases in blood pressure, cholesterol, and the formation of clots are all associated with both stress and heart disease.
- Carrying excess weight increases blood pressure, cholesterol, and the risk of diabetes—all factors that also increase your risk of heart disease.
- Poor dietary choices: Studies indicate that a high intake of saturated and trans fats or a low intake of fibre can increase the risk of heart disease.
- Excess alcohol consumption (especially binge drinking) raises blood pressure and increases the risk of heart disease. On the other hand, some research has found that a moderate intake (one drink per day) can reduce the risk.
- High blood pressure significantly increases the risk of heart disease.
- High cholesterol doubles a woman's risk of heart disease.
- Diabetes is an even bigger risk for heart disease in women than in men.

femMED HEART HEALTH is a doctor-formulated, multi-ingredient solution made just for women. It combines an essential blend of omega fatty acids, coenzyme Q10 and other essential ingredients to help maintain optimal cholesterol levels and blood pressure and support cardiovascular health. As a bonus, it can improve vision and brain function and slow down the aging process.

February is Heart Month (of course!) so heart and stroke awareness is very prominent this month. When I was approached about doing a review and giveaway for femMD products, I opted instead to give my femMED Heart Health products to my mother. I have no doubt that my heart health needs to be looked at too, but in the spirit of the month of showing those we love how much we care, I thought this was a great way to do that for my mom who



Current Giveaways

- Joico (Ends 03/26)
- \$100 Prepaid Visa (Ends 03/29)
- Sensitive Skin Laundry Care Bundle (Ends 03/31)
- Nicole by OPI Modern Family Collection (Ends 04/01)
- phil&teds Smart Stroller (Ends 04/01)
- Tenderflake 4 FPC's (2 winners!)
- Cheekychops \$300 Sleep Consultation Package (Ends 04/04)
- Elizabeth Arden Green Tea Honeysuckle (Ends 04/04)
- Dole Fruit Crisp Cozy Kit US only (Ends 04/06)
- The Body Shop Eau de Toilette Collection (Ends 04/07)
- orgnx Coconut Macadamia Nut Collection (Ends 04/10)



is 72. Our family is no stranger to heart disease. My dad is a heart attack survivor and also endured an 8-way bypass three years ago. We definitely see the results of heart disease and I want my mom to take care of her heart too.



Heart disease is the #1 killer of women in North America; however, this is largely preventable. Help keep your ticker healthy with **femMED's Heart Healthy Prize Pack**, which has everything you need for a fresh and healthy start. **Valued at \$120.00**, this prize pack includes a 3-month supply of femMED HEART HEALTH and a copy of "Savings Women's Hearts" by cardiologist Dr. Martha Gulati and Sherry Torkos, celeb pharmacist and health expert regularly featured on BT Toronto, the Steven and Chris Show and CTV. To enter, just use the Rafflecopter form below.

CONTEST IS **OVER** **990** **0** / 0
total entries entries earned

femMED Heart Health Prize Package (\$120 value) Canada only

ENTER TO WIN [RECENT ACTIVITY](#) [LOG IN](#)

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

Entry #**233** **Janet S.**

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Comments

- debbie s says:**
 February 22, 2013 at 6:46 pm

i am so concerned with heart heath and healthy aging

REPLY
- Clifford says:**
 February 22, 2013 at 9:58 pm

We are a family that believes in the benefits of taking vitamins, would love to win to keep my wife's heart healthy, after all she is the heart of our family!

REPLY
- Jennifer Abbott says:**
 February 23, 2013 at 6:54 pm

I'd like to keep my ticker healthy so I can be around for a long time.

REPLY
- Heidi C. says:**
 February 23, 2013 at 9:17 pm

My mother has high cholesterol and high blood pressure so I would love to win this for her!

REPLY
- corey says:**
 February 23, 2013 at 10:14 pm

My wife's health is already compromised by several diagnosis' so this would be good to have for her. She has to take certain vitamins/supplements - this would help out a lot.

REPLY

One of Canada's Top 10 Mommy Bloggers!



Travel

- Disney World New Fantasyland Highlights
- Cars Land Now Open at Disney California Adventure
- Disney Wonder Mexican Riviera Cruise
- 10 Travel Tips When Sailing on the Disney Wonder
- Disney Wonder Cruise Questions & Answers
- Cancun Caribe Park Royal Grand Review

Pinterest Favorites



My Favorite Posts!

- Protecting the Elderly From Phone Scams
- Do As I Say, Not As I %#!+% Do!
- The C-Section Surprise
- Sorry Placenta, It Ain't Happening.
- The Good Life.
- Am I Not Easily Guilted? Or Just Immune.
- Breast Cancer Awareness, Really?
- Get Your Hands Off My Child!
- My Son Failed Swimming Lessons. Yay! Yes...Yay!
- Respect. Support. Sounds Pretty Basic Don't You Think?



Jackie says:
February 23, 2013 at 11:04 pm

I have a family with heart healthy issues – starting now to take care of me, before I have them, too, would be a good idea and these could be part of that.

REPLY



Stephanie Heron says:
February 24, 2013 at 3:44 pm

I am a medical student who understands the importance of heart health and omega 3 although it is hard to afford supplements at the moment so this would be great to win !

REPLY



maria says:
February 25, 2013 at 8:10 pm

I'm concerned about aging and heart issues.

REPLY



effie mclinden says:
February 28, 2013 at 12:34 am

im on a weightloss journey while im takeing care of my eathing habits i tend to forget about other things this will keep my heart strong and help prevent heart disease

REPLY



Christy Martin says:
February 28, 2013 at 7:03 am

Great prize! Just because you can't see it, doesn't mean you shouldn't take care of it.

REPLY



Florence C says:
February 28, 2013 at 7:31 pm

Love to have this to help keep the heart stong. I take Omega 3 regularly

REPLY



Laurie Cockburn says:
March 1, 2013 at 9:52 am

I'm a mother of 5 and I need to keep strong and health to keep up with my children. I want to be around for a long time to watch them grow and blossom

REPLY



emily says:
March 1, 2013 at 12:53 pm

heart health is so important!

REPLY



Jules A. says:
March 1, 2013 at 7:40 pm

I come from a family where heart health is an issue

REPLY

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