



KUOM #Love&Relationships *with Ronnie Walker*

YOUR HEART & RELATIONSHIPS

Let's talk about your heart and relationships. The heart is arguably the most vital organ of the human body. It's responsible for pumping blood through the circulatory system supplying oxygen and nutrients to the tissues and re- moves carbon dioxide. Needless to say, taking care of the heart is vital. Eating the right foods, proper exercise as well as a positive state of mind. Now, I'm not a doctor, Yet I'm sure we can all agree that stress is a killer. It places undue pressure on the heart and the next thing you know a myriad of things happen to the body. And while there are many things that cause stress, the one thing we need to be mindful of is the relationship we have with ourselves, work and with others. I can't express enough how a healthy relationship with ourselves will act a defensive mechanism when outside forces at- om to bring the street into our lives.

It could be unnecessary drama, worry and one that is familiar to many, heartbreak. Holding animosity against another creates stress. No letting go of experiences that did not serve us. It's important we learn the lesson from that experience and **LET IT GO!** Holding on to unhealthy family relationships create stress, especially during family gatherings and holidays. Choosing not to forgive someone you used to be in a relationship with? Family member? Yep, that can create stress as well. Stop focusing on the "haters" as well. It may not seem so on the surface, but so much happens on a subconscious and soul level that it plays itself out on your health and well-being. You cannot allow holding in a mindset that is negative, anger-filled and bitter. Trust me, they are not thinking of you.

You have a purpose on this planet, and you need **ALL** of you to accomplish it. You need to be there for your lover, intimacy, sex, the kids, your business or job. Most importantly, you need to be there for you. Take care of your heart and your heart will take care of you.

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