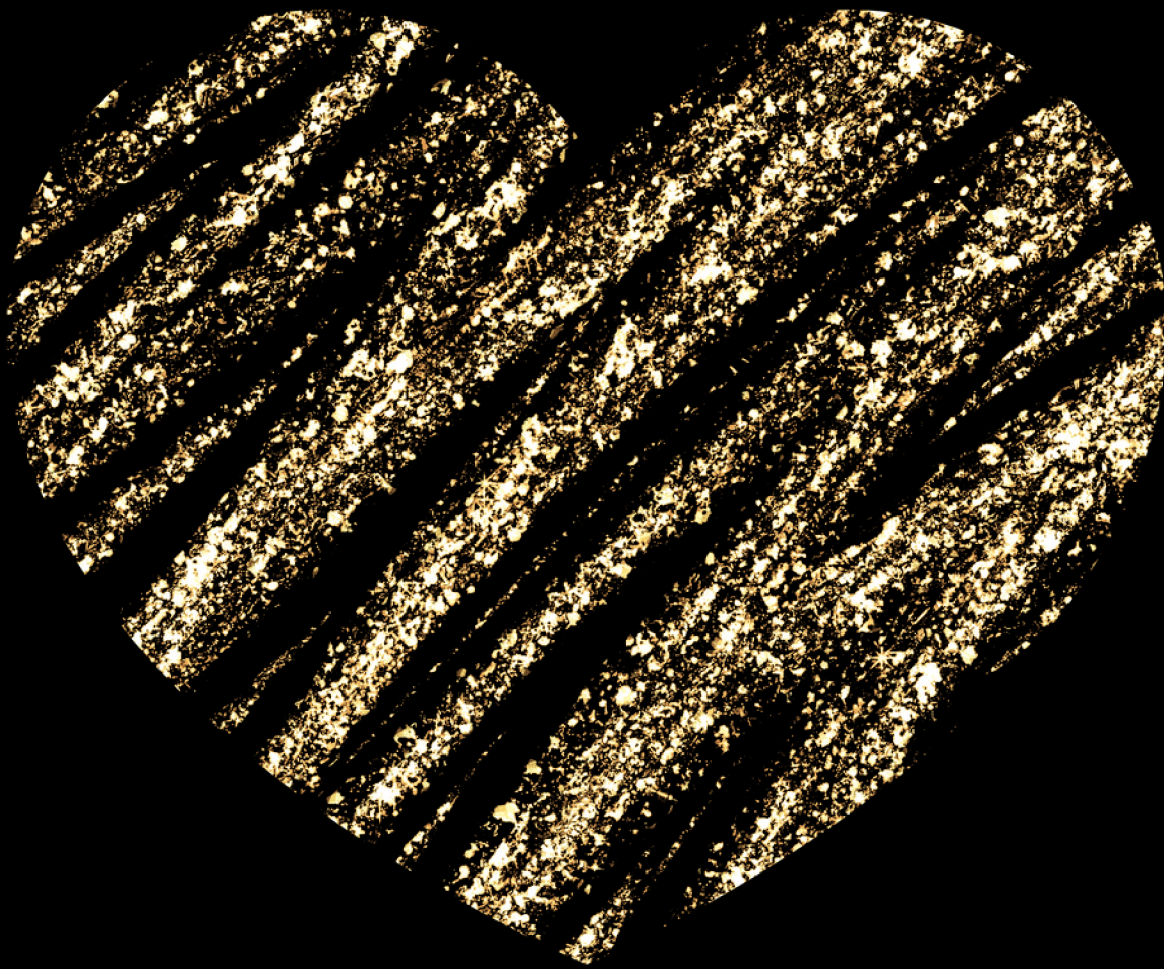


HABIBI

Life



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MATTERS OF THE HEART

We sometimes think of our hearts as a magical thing. Our physical heart has the ability to keep us alive. Our energetic heart has the ability to help us truly feel, and enjoy every moment of our existence.

We invite you to take care of both, with practical habits to keep you healthy, happy, and vibrant for this month... and all the months to come.



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23 ELEVATE EVERYTHING

Explore some of the most luxurious daily experiences, through brands that don't necessarily carry a punitive price tag.

From what you eat to how you move, everything matters to the health of your heart.

February is American Heart Month



SPERMIDINE: FOUNTAIN OF YOUTH?



This naturally occurring polyamine is found in all living organisms. It plays an important role in maintaining DNA stability, copying DNA into RNA, and preventing cell death.



Despite its name, spermidine doesn't come from some icky source. It can be found in a wide variety of foods.

One of the easiest and most effective ways to get spermidine into your diet is through beans. Peas, chickpeas and edamame all contain spermidine. They are inexpensive and easily accessible both locally and online.



SPILL THE BEANS

GET THE GERM



Spermidine levels naturally lower in our bodies as we age. One way to balance your levels is to consume wheat germ. It provides 350 mg of spermidine for every kg of wheat germ.

GO GREEN OR GO HOME

Broccoli is already a superstar food because of the many nutrients it provides. But it also packs a lot of spermidine. You can get 32.4 mg of spermidine for every kg of broccoli.



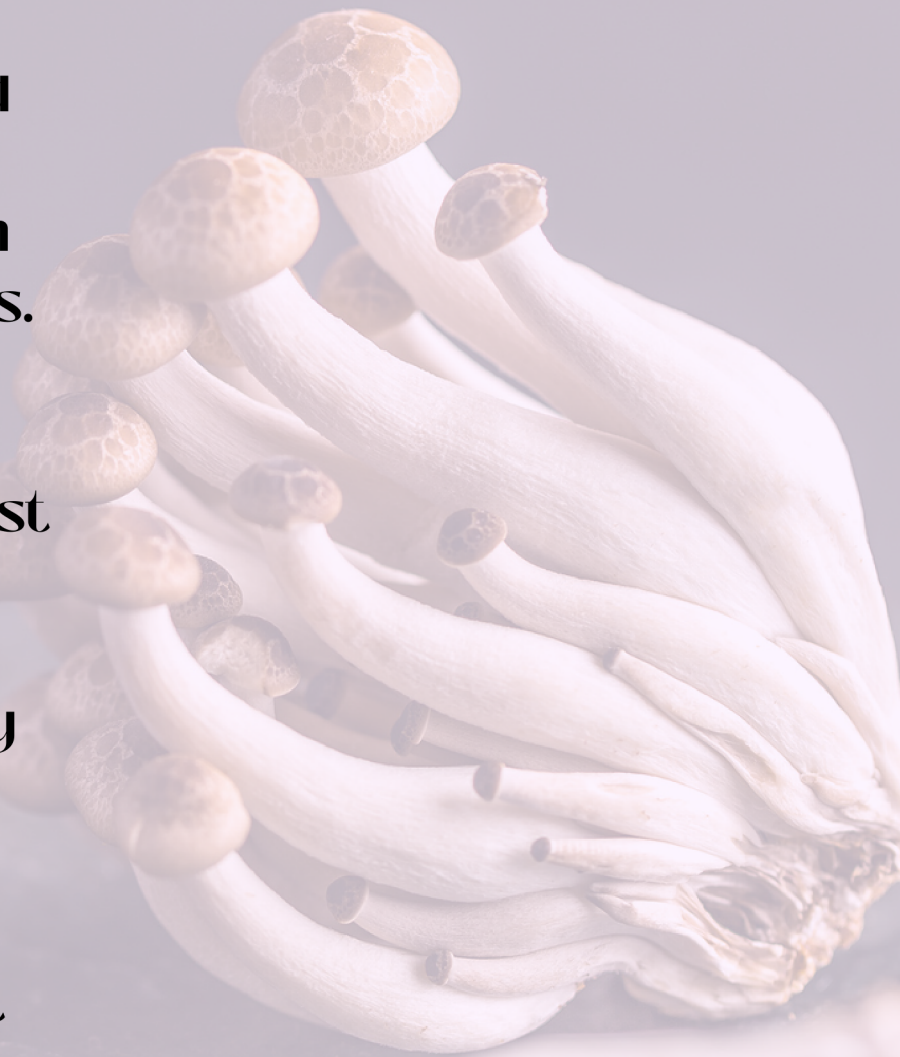
One of the best ways to make the most of your intake is to enjoy broccoli raw or steamed. To help with digestion, keep pieces small, and consider shredding the stems before eating.

HAVE SOME SHIMEJI

Shimeji mushrooms are a variety of Asian mushrooms with a crunchy texture and nutty, savory flavor. They are also known as beech mushrooms.

They are among the foods that are highest in spermidine, with more than 120 mg of spermidine for every kg.

When raw, they are tough and bitter, but cooking softens them and eliminates the bitterness.





HEART CONDITIONED

Looking after your heart goes beyond simply protecting it from emotional ache. Explore the best ways to keep your heart healthy and thriving for years to come.

Feed It...

LEAFY GREENS like collard greens, kale, cabbage and spinach are a heart's best friend. Leafy greens are particularly high in vitamin K, a fat-soluble vitamin vital for cardiovascular health. It helps protect arteries and promotes healthy blood clotting



FRUIT like berries, oranges and pineapples are packed with Vitamin C and beta carotene (a form of Vitamin A). These help reduce plaque buildup from cholesterol and other substances in the arteries.



NUTS like almonds, walnuts, pistachios and cashews are known to help reduce your risk of heart disease. They are packed with healthy fats, and just a few of them go a long way to help keep you (and your heart) thriving.



Condition it...

CARDIO is a sure-fire way to get your heart pumping and your blood moving. Walking, running, hiking, swimming and biking all qualify as a great way to help boost your heart health.



STRENGTH TRAINING increases lean muscle mass, which gives your cardiovascular system places to send the blood being pumped. This results in less pressure on your arteries, which can help reduce the chances of heart-related problems.



YOGA in many forms encourages deep and steady breathing, which can slow your heart rate and reduce blood pressure. This kind of breathing also stimulates the vagus nerve, which helps reduce anxiety and tension.



Chickpea Tuna

- 1 can of chickpeas, drained and mashed
- 1 tsp. dill pickle relish (or one diced dill pickle)
- 1 tbsp. soy-free veganaise
- 1/2 tbsp. whole grain mustard
- 1 stalk of celery, diced
- 1 small shallot, diced
- 1/2 tsp. Sea Salt
- 1/4 tsp. cracked pepper
- 1/4 tsp. powdered garlic

Mix chickpeas, relish, veganaise, mustard, celery, shallots and spices into a chunky paste. Serve on salad, in a sandwich or in a wrap.



YOUR JOURNEY... YOUR WAY.

**HABIBI BODY
ON DEMAND**



HABIBIBODYSPORT.COM

REVIVE YOUR RESOLUTIONS

It's normal to slow down around this time, in your quest to reach your health and wellness goals for 2024. Keep the energy strong by reconnecting with the reasons you made those resolutions in the first place.



NUTRITION GOALS



You may have been one of the millions of people who decided that the best way to eat healthier was to step away from your vices cold turkey. You might be finding out now that such a choice is not practical or sustainable. Instead of throwing the whole endeavor away, start small. Each week (or even each month if that's better for you), remove a vice and replace it with a healthy habit. Big changes are most sustainable when achieved in small increments. Be kind to yourself and forgive your missteps. Do the best you can and get back on track quickly when you backslide.

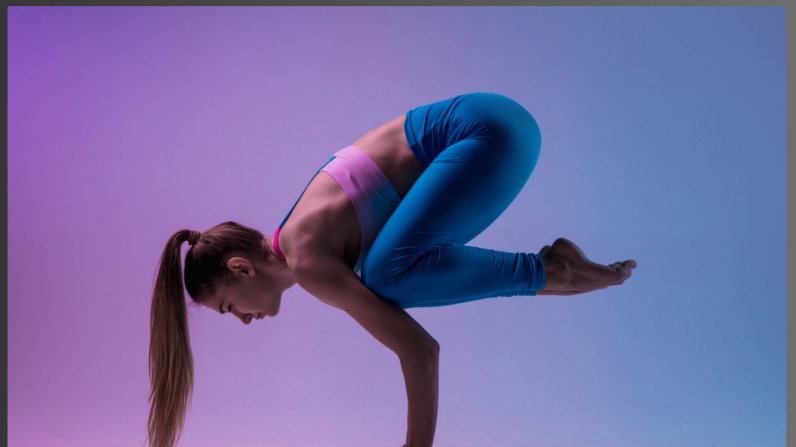


MOVEMENT GOALS

There's a chance that your resolution to move your body has less to do with aesthetics (not that there's anything wrong with that) and more to do with the literal benefits of movement. Maybe you want to be able to take the stairs or hang out in a physical space without gasping for air or straining a muscle. Whatever the reason is: **REMEMBER WHY YOU STARTED.** You might need to make your goal more specific to make it more attainable.

GOAL: I want to work out more

REVISION: I want to be able to walk a mile without struggling



WELLNESS GOALS



Wellness has such a vast and sweeping definition, that it's sometimes difficult to pinpoint exactly what kind of wellness works for you. If you've found that throwing yourself into a meditation practice isn't your cup of tea, consider other ways of keeping your body and your mind at peace.

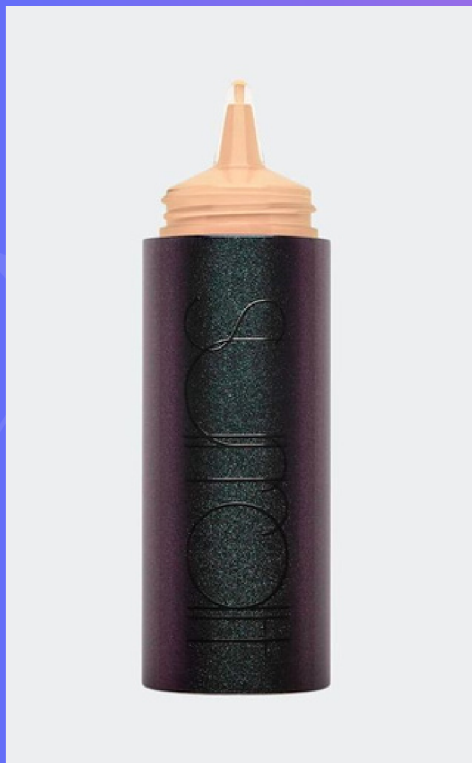
Set communication boundaries by cutting off your phone after a certain hour. Time stressful interactions (within practical means) to limit their long-term effects on your psyche. Take a walk to clear your mind. Take a nap. Take a break. The world can wait.





February Flush:

The art of keeping a
healthy glow,
despite the season



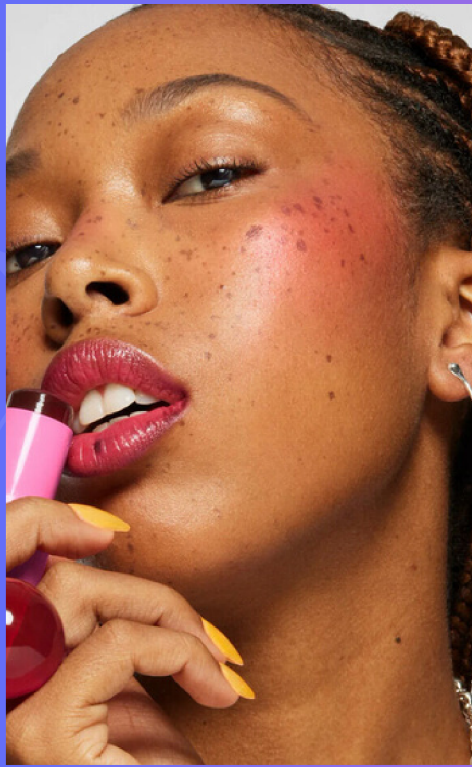
Skin Finish

SURRAT DEW DROP FOUNDATION

For lovers of a truly skin-like finish, this foundation checks all the boxes. The coverage is light, so it works best on skin that needs almost no color-correcting or concealing. The finish is satin (despite its radant claims) and may not even need a setting powder.

SHOP:
[BEAUTYLISH.COM](https://www.beautylish.com)





Water Color

MILK MAKEUP
COOLING WATER
JELLY TINT

This tint is currently making the rounds on and off of social media for its cooling feeling and its watercolor effect on the skin. Available in four shades, it can be used on the cheeks or lips. The most impressive thing might be its staying power; once applied and set, it does not move.

SHOP: [SEPHORA.COM](https://www.sephora.com)





Lip Service

SUQQU MOISTURE
GLAZE LIPSTICK

More like a balm than a lipstick, this latest formula from Suqqu comes in a wide range of colors to suit both skintones and undertones. This new formula is sold as a refill (not unlike their sheer matte formula); the case must be purchased separately

SHOP: [SELFRIDGES.COM](https://www.selfridges.com)





Elevate

Everything

True luxury is found in the details, not the price tag.



Tea Time

There's nothing quite like a rich and flavorful cup of tea. The ritual surrounding tea dates back centuries, and has played pivotal roles in the way our world is shaped today. As Kai, co-owder of DUBA Tea points out: "Wars have been started and settled because of, and sometimes over, a cup of tea." SHOP: DUBATEA.COM





Flow State

Fashion designer Andrea Iyama has mastered the art of structure and movement. Every unique seasonal offering invokes sensuality through unexpected shapes and textures.

Her style is strongly influenced by ethnic cultures and the natural world. The result is clothing that makes a statement, but still allows your authentic self to shine through.

SHOP: ANDREAIYAMA.COM





Light Work

Inspired by the sound and the feeling of Jazz, Monrowe NYC manifested a cozy line of candles that both scent the space and inspire the soul. From cool patchouli to warm vanilla, each candle tells a story... and sets the stage for you to create your own.

SHOP: MONROWENYC.COM



Master the Art of Self Care



BATH *Habibi* BODY

Organic Essential Body Oil
cheveux essentielle bio et huile pour le corps

Our deeply moisturizing hair and body oil is a healing blend of Organic Argan, Black Currant and Camellia Seed Oil. It's creamed with shea butter and boosted with organic essential oils to help improve the condition of your hair and skin every time you use it.

Ingredients: Organic Argan Oil, Organic Rose Hip Seed Oil, Organic Raw Shea Butter, Organic Black Currant Seed Oil, Organic Hemp Seed Oil, Essential Organic Neroli, High Altitude Lavender, Chamomile, and Indian Sandalwood, Organic Camellia Seed Oil, Vitamin E
Fragrance from organic plants, herbs, and resins



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True Love...

We often cling to a notion that true love ought to involve something or someone outside of ourselves. From lovers to children to pets, we search for reflection through the hazy filter of chemical attraction.

In reality, true love comes with true knowledge. To truly love yourself, you must first know yourself. To know yourself, you must acknowledge and understand all of the parts that make you whole... including those that lurk in the shadows.

True love is an inside-out manifestation. It rises from within you and becomes evident in the way you treat yourself and especially the way you treat others.

-Shahada Karim

