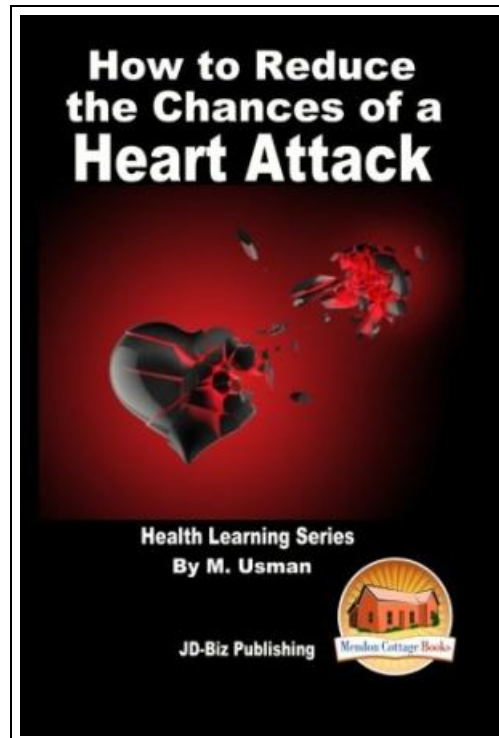


How to Reduce the Chances of a Heart Attack - Health Learning Series (Paperback)



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Reviews

*An extremely wonderful book with perfect and lucid explanations. This really is for those who stutte that there had not been a worth reading. Your way of life span will be convert when you comprehensive reading this book.
(Effie Douglas)*

HOW TO REDUCE THE CHANCES OF A HEART ATTACK - HEALTH LEARNING SERIES (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. How to Reduce the Chances of a Heart Attack - Health Learning Series Table of Contents -Introduction. Section one- Heart attack - an overview -Heart attack - A crumbling of your heart. -Symptoms - When you know it s coming. -Risk factors - The heart breakers! -Grave prognosis -- Why you should bother trying to avoid a heart attack. Section Two- Reducing heart attacks -Effective prophylaxis - an introduction -Medication free strategies - Who needs a doctor? -Dietary changes -Say no to smoking -Regular exercise -Put a check on your weight. -Stress management -Herbal and nutritional supplements -Get regular check ups -Medicines - Well, sometimes you do (need a doctor) -Anticoagulants -Antiplatelet agents -Statins -ACE inhibitors -Angiotensin receptor blockers -Diuretics -Beta blockers -Work Plan - monitor your progress -Conclusion -References Introduction Imagine that you are breezing through life and life seems to be going so smoothly; you are so full of life that you do not even have the time to look after yourself, much less others. Visit to your doctor can wait, of course, because right now nothing is wrong with you. You are perfectly okay. And then one day you are running to congratulate your son, who has perhaps just graduated from his high school or maybe you are getting late for some appointment and suddenly, an excruciating pain arises in your chest and goes to your shoulder. you want it to subside but the pain keeps gripping you. You feel as if your life is at an end. But you don t want it to end. There is so much to do. But you can t stand on your feet anymore. You feel yourself falling, falling,...

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