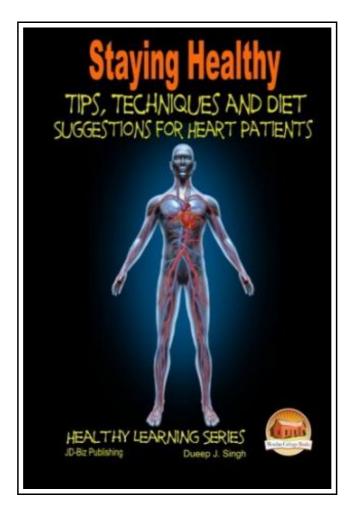
Staying Healthy Tips, Techniques and Diet Suggestions for Heart Patients (Paperback)



Filesize: 8.85 MB

Reviews

This book is fantastic. This is certainly for all those who statte there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book. (Prof. Dale Fahey MD)

STAYING HEALTHY TIPS, TECHNIQUES AND DIET SUGGESTIONS FOR HEART PATIENTS (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Staying Healthy Tips, Techniques and Diet Suggestions for Heart Patients Table of Contents Introduction Why Do so Many People Suffer from Heart Disease? Some Hearty Information What Is Heart Disease Angina Pectoris CHD/IHD Heart Attack Symptoms When Can Heart Attacks Occur? Controllable and Uncontrollable Risk Factors Best Diet A Totally No - Oil Diet Fish Oil In Your Diet Lowering Your Triglyceride Level Oatmeal As a Healthy Cereal White Bread or Brown? What about Soybean? How to Make Sprouts What, No Meat? What about Tomatoes? Conclusion Author Bio Publisher Introduction One of the main reasons why I decided to write this book is because while doing research on heart ailments and natural ways in which to keep healthy, I found out some terrible statistics, which are not going to be told to you by your friendly neighborhood cardiologist. Did you know that about 24.1 million people in the USA, alone suffer from heart disease? I thought that that was a terrible number, till I found that the statistics of Asian countries like India [60 million!] and China statistics were even more. One out of every four people in Tasmania suffered from heart disease, and high blood pressure. They hold the world record for the most number of people suffering from heart disease. That was surprising, because I was under the impression that this could possibly have been the prerogative of those European countries, like Denmark, Sweden, and Norway, where food eaten every day was still in Emperor sized helpings, especially in the form of smorgasbords and jumbo sized sandwiches. But then here are some reasons why heart disease statistics in these particular countries is comparatively low. First of...

- Read Staying Healthy Tips, Techniques and Diet Suggestions for Heart Patients (Paperback) Online
- Download PDF Staying Healthy Tips, Techniques and Diet Suggestions for Heart Patients (Paperback)

Related Kindle Books



Patent Ease: How to Write You Own Patent Application (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Patent Ease! The new How to write your own Patent book for beginners!...

Download eBook »



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1 (Paperback)

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

Download eBook »



31 Moralistic Motivational Bedtime Short Stories for Kids: 1 Story Daily on Bedtime for 30 Days Which Are Full of Morals, Motivations Inspirations (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Reading to children is a wonderful activity and past time that both parents...

Download eBook »



The Right Kind of Pride: A Chronicle of Character, Caregiving and Community (Paperback)

Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. After 20 years of marriage author Christopher Cudworth and his...

Download eBook »



The Voyagers Series - Africa: Book 2 (Paperback)

Voyagers Series, Inc., United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

Download eBook »



The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program (Paperback)

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators

Download Book »



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their

Download Book »



American Legends: The Life of Josephine Baker (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ********Includes pictures *Includes Josephine Baker's quotes about her life and career *Includes

Download Book »



Plentyofpickles.com (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Interested in taking a peek into the world of internet dating? Then order

Download Book »



Eat Your Green Beans, Now! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This is the original version with blackand-white illustrations. JoJo is an active and

Download Book »