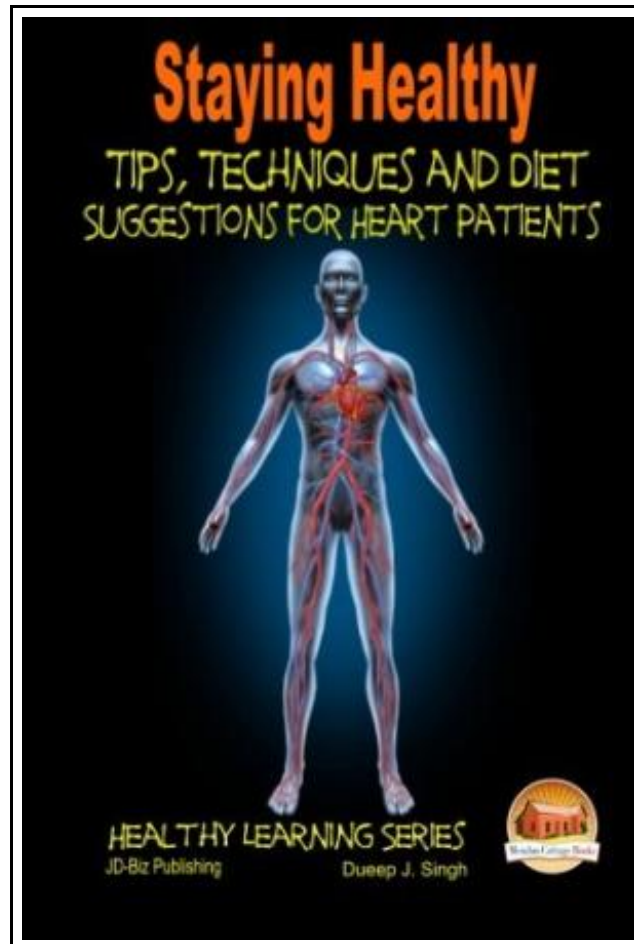


## Staying Healthy Tips, Techniques and Diet Suggestions for Heart Patients (Paperback)



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

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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...

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