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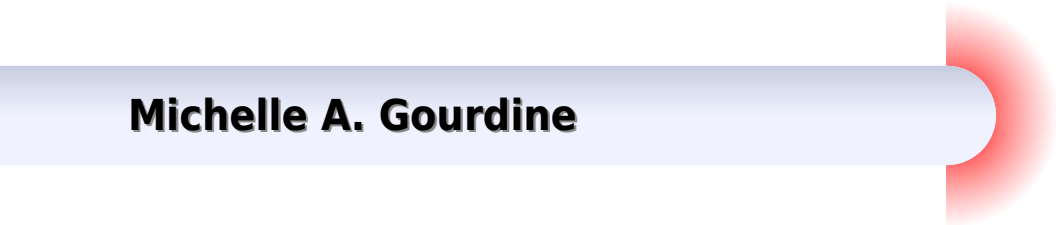


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Shake The Salt Habit

Michelle A. Gourdine



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SHAKE: THE SALT HABIT. World Health Organization, 2022 **Shake the Salt Habit!** Kermit R. Tatum, 1982

Shake the Salt Habit Kermit R. Tatum, 1987-06-01 Suggests herbs and spices that can be substituted for salt identifies high and low salt foods and lists the salt content of various foods and drinks **Printed Aids for High Blood Pressure**

Education, 1985 Take Charge Margaret Latrella, Carolyn Strimike, 2008 Women work clean cook take care of children spouses parents pets but sometimes forget to take care of themselves Their knowledge about health often comes from a two minute news report or short article But every week there is some new research report telling us what we need to do What we have done is compile a concise easy reference book for women who are too busy to spend hours searching for this valuable information We want to help you learn about your risks as early as possible and to develop a heart healthy lifestyle that will allow you to live a longer healthier life Make your health a priority Carolyn Strimike and Margie Latrella are cardiac nurse practitioners specializing in the prevention of heart disease and stroke They have over 40 years of nursing experience in Cardiology between them The main goal of their work is to counsel motivate and empower women to adopt healthy lifestyle choices *Optimum Health* Stephen T. Sinatra, 2009-07-22 Now you can achieve optimum health In this groundbreaking book Dr Stephen Sinatra shows us how we can take control of our health through the latest findings of mind body medicine As a leading cardiologist and psychotherapist Dr Sinatra is a uniquely qualified expert in the field Dr Sinatra s well balanced totally natural program of nutritional emotional and physical strategies can dramatically improve the quality of your life and help you live longer Eight simple rules for optimum health they could save your life The insulin resistance epidemic and the Great Fat Debate The myth fact and fiction of cholesterol Discover the heart healing secrets of the Mediterranean diet Coenzyme Q10 a miracle vitamin for heart health A natural approach to healing arthritis Dr Sinatra s natural cholesterol lowering formula Recipes for preventive medicine Dr Sinatra s antiaging prescription And much more *Foods for Health* National Heart, Lung, and Blood Institute. Foods for Health Project Group, 1983 Abstract The description and findings of a 1 year nutrition education project conducted cooperatively by the US National Heart Lung and Blood Institute and by Giant Food are reported The project was conducted to increase consumer awareness and knowledge about the relationships of nutrition to cardiovascular risk and to provide practical ways for dietary improvement and cardiovascular disease prevention The primary nutrition information vehicles were a bi weekly brochure the Eater s Almanac of which over 2 million copies were distributed and shelf signs Program evaluation was made via telephone surveys of shoppers food purchase data from the computer assisted checkout system in 20 supermarkets and a completed questionnaire A gain in correct scores was noted for questions on fat and cholesterol in foods and on the relationship between dietary fat and serum cholesterol levels the scores appeared to be related to respondent characteristics of sex education age and having a family member on a special diet Changes in overall food sales trends were similar in the 2 study areas Washington D C and Baltimore MD wz

Reclaiming Our Health Michelle A. Gourdine, 2020-08-11 An interactive and empowering book to help African American men and women create a new vision of better health and navigate the health care system BET com According to the federal Office of Minority Health African Americans are affected by serious diseases and health conditions at far greater rates than other Americans In fact African Americans suffer an estimated 85 000 excess deaths every year from diseases we know how to prevent heart disease stroke cancer high blood pressure and diabetes In this important and accessible book Dr Michelle Gourdine provides African Americans with the knowledge and guidance they need to take charge of their wellbeing Reclaiming Our Health begins with an overview of the primary health concerns facing African Americans and explains who is at greatest risk of illness Expanding on her career and life experiences as an African American physician Dr Gourdine presents key insights into the ways African American culture shapes health choices how beliefs traditions and values can influence eating choices exercise habits and even the decision to seek medical attention She translates extensive research into practical information and presents readers with concrete steps for achieving a healthier lifestyle as well as strategies for navigating the health care system This interactive guide with illustrations is a vital resource for every African American on how to live a healthier and more empowered life and an indispensable handbook for health care providers policy makers and others working to close the health gap among people of color Says Gourdine I wrote this book to empower our community to solve our own health problems and save our own lives

Best Runs Joe Henderson, 1999 Explains that running is about much more than going farther and faster it s about having your best possible experience each and every time out

Healing with Vitamins Editors of Rodale Health Books, 2009-03-17 Vitamins and minerals are the very essence of human existence Getting enough of these essential nutrients could be one s best insurance against illness What s more a large and growing body of nutrition research suggests that in therapeutic dosages certain vitamins and minerals may slow and perhaps reverse the disease process The trick is getting the right nutrients in the right amounts too little won t have any effect and too much could do more harm than good Healing with Vitamins offers complete nutrient prescriptions for 90 common health concerns including allergies depression high blood pressure high cholesterol insomnia and migraines It also includes important information on controversial supplements such as beta carotene and vitamin E helpful guidelines for choosing the most effective supplements the lowdown on medications that can deplete key vitamins and minerals condition specific food remedies that can support the healing process in depth instructions for using supplements safely Every recommendation draws on the very latest findings from the front lines of nutrition science plus the knowledge and insight of preeminent physicians dietitians and nutrition experts Healing with Vitamins cuts through the overwhelming choices of supplements and tells readers what to take in what amount and how for optimal therapeutic benefit

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