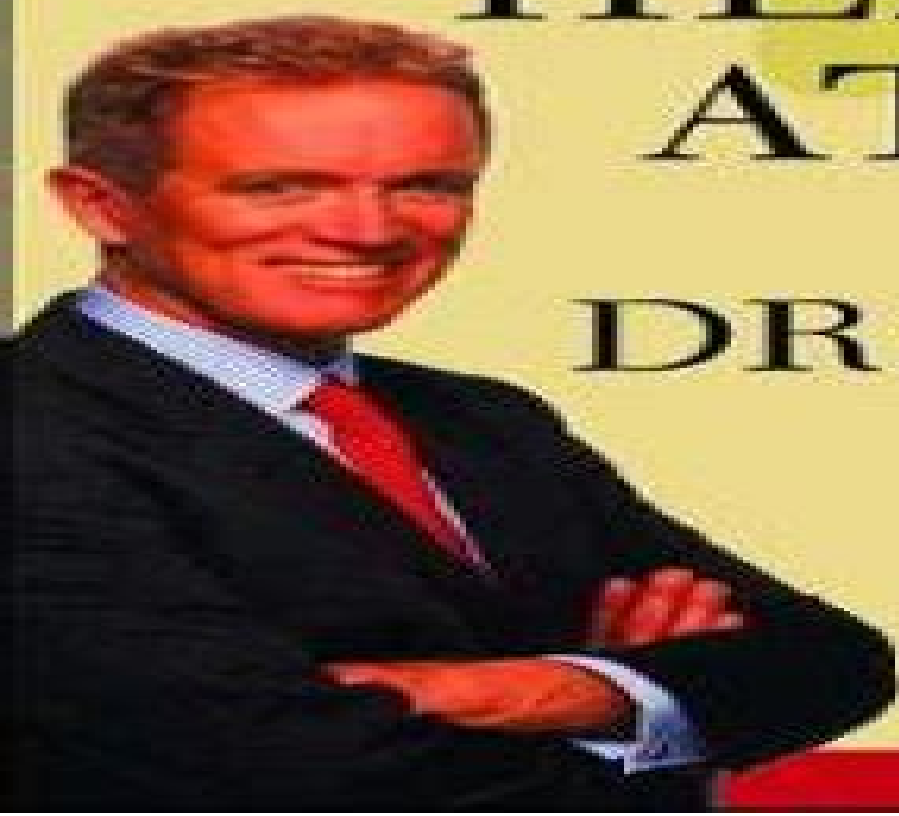


SEVEN STEPS *to* STOP *a* HEART ATTACK

by
DR. BOB
ARNOT

Bestselling author of
The Breast Cancer Prevention Diet
and *Wear your Ties*



Seven Steps To Stop A Heart Attack

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Seven Steps to Stop a Heart Attack Dr. Bob Arnot, 2005-01-03 A definitive guide to the latest tactics for avoiding heart disease and a heart attack from a trusted physician and bestselling author Dr Bob Arnot offers cutting edge advice on a subject at the forefront of the nation's health consciousness heart health When Dr Arnot's father himself a distinguished doctor died of a massive heart attack a year ago it came as a horrible shock A heart attack can happen to anyone but upon further investigation Dr Arnot came to the realization that his father's death might have been preventable The tragedy inspired Dr Arnot to write this book exploring all the very latest advances in medical science many of which have occurred in the last year and developing steps that can help people avoid his father's fate Dr Bob discusses how to Know the warning signs Determine your risk Get the right diagnosis Get the right medications Get the right procedures Based on extensive discussions with renowned experts in the field of cardiology who are quoted extensively Seven Steps to Stop a Heart Attack covers all the risks symptoms procedures and medications in prose that is clear concise and easy to follow For a country in which half a million people die each year from heart attacks this is a work of profound importance for the general public and physicians alike

Seven Steps to Stop a Heart Attack Robert Burns Arnot, 2006-01-02 Shares advice on the risk factors symptoms treatment and prevention of heart disease

The 10 Best Questions for Recovering from a Heart Attack Dede Bonner, 2009-05-19 Drawing on cutting edge research and advice from internationally prominent cardiologists The 10 Best Questions for Recovering from a Heart Attack is a holistic guide you'll take with you into your doctor's office and keep close to you through every step of your treatment and recovery A good mind knows the right answers but a great mind knows the right questions And never are the Best Questions more important than after the life altering event of surviving a heart attack or being diagnosed with heart disease Drawing on cutting edge research and advice from internationally prominent cardiologists the president of the American Heart Association award winning personal trainers and nutritionists and experts in healthy lifestyles smoking cessation alcohol abuse stress management spirituality relationships sex and financial planning The 10 Best Questions for Recovering from a Heart Attack is a holistic guide you'll take with you into your doctor's office and keep close to you through every step of your treatment and recovery With a wealth of resources and up to the minute information The 10 Best Questions for Recovering from a Heart Attack shows you and your family how to move beyond your fears and use the power of the Best Questions and Magic Questions the smartest questions most people never think to ask to become your own best advocate for your physical emotional mental spiritual and financial health

The EatingWell® Diet Jean Harvey-Berino, 2012-08-17 A science based plan that brings together cutting edge university tested weight loss strategies with delicious quick and easy recipes Almost everyone knows the truth to lose the weight we need to eat less and move more says weight management pioneer Jean Harvey Berino This book is about the missing link how to do it Harvey Berino believes that permanent weight loss only happens by changing everyday behaviors replacing old unhealthy habits with

new ones And clinical research proves her right participants in her behaviorally based VTrim Weight Management Program lost an average of 21 pounds in 6 months more than double that of an online commercial weight loss program In a unique collaboration The EatingWell Diet brings you the tools that helped VTrimmers succeed including goal setting self tracking and controlling eating triggers along with wisdom and recipes from the creative cooks and nutrition experts at the nation s premier magazine of food and health More than just a sensible way to lose weight it s a workbook for a healthy way of life

Heal & Prevent Stroke & Heart Disease Prem K Bhandari,2007-05 Read about author s personal experiences with strokes and Angina attacks and steps he took to save his life relearned speaking reading writing walking and improved his memory on his own without medical help or caregiver Senior Citizens will learn how to manage their own healthcare develop their own therapies and avoid future risk of stroke heart disease Manage self healing from stroke and heart attack and prevent future occurrences Seniors can minimize their dependence on caregivers and healthcare providers Learn about healing fast through self management and taking charge of your health and well being Nearly all Americans have at least partially blocked arteries which supply blood to the heart and brain 71 000 000 Americans suffer from Cardio Vascular Disease About 50% of the burden falls on women More than 500 000 die of heart attack and another 160 000 die of stroke occurrence each year Patients get cured of one ailment just in time to develop another Visit the doctor only when it is absolutely necessary and don t be overly dependant on the medical community Don t let a third party to experiment make mistakes and profit from your body *Parent To Child-The Guide* Natalie D'Annibale Bandlow,2006-02 This guide provides parents with an opportunity to chronicle their own personal history and past experiences as well as the history and experiences of their child s life in a direct loving and supportive way Don t wait let Parent To Child The Guide assist you in writing the legacy you want and need to leave for your children just in case Working Out Sucks! (And Why It Doesn't Have To) Chuck Runyon,2012-01-03 From the CEO of Anytime Fitness the world s most successful health club chain comes the Skinny Bitch of fitness a get real guide to getting healthy The Complete Idiot's Guide to the Secrets of Longevity Kandeel Judge M.D.,Karen K. Brees Ph.D.,Maxine Barish-Wreden M.D.,2008-11-04 Living life to the fullest now and later Modern life can be dangerous to one s health Things like burnout excess weight stress lack of sleep poor diet and pollutants can have a negative impact on the quality of life and ultimately one s health span Written by doctors The Complete Idiot s Guide to Secrets of Longevity provides a clear and easy path to unlocking the secrets to living healthier and looking younger Readers will learn about Diet exercise and supplementation The pitfalls of longevity threatening lifestyle choices involving bad relationships harried schedules and lack of sleep Insights into toxins from food cleaning products and cosmetics The incredible power of laughter optimism and a positive attitude *Killer Diseases of Women* Prem K. Bhandari,2010-06-22 Millions of women die each year needlessly and prematurely when a majority of them can be saved through knowledge of various deadly diseases In spite of the world class healthcare system in the United States about thirty five million women suffer from serious digestive

problems and about 120 000 die about twelve million get hospitalized and about one million women are disabled yearly in the United States These digestive diseases are intestinal hernias mostly inguinal liver diseases including cirrhosis constipation diverticulosis gallbladder diseases gastritis esophageal disorders hemorrhoids infectious diarrhea irritable bowel syndrome etc Killer diseases just don't appear suddenly and cause pain suffering and eventual death instead they develop over time with specific symptoms Learning to recognize the symptoms of killer diseases can either eliminate them or postpone their debilitating effects for several decades or more by taking remedial measures Knowledge of various diseases is crucial to recognizing the associated symptoms and it enables women to deal with the medical community in a manner which is advantageous and beneficial to women Today women need to manage their own wellbeing through knowledge and meaningful remedial measures Learning about various diseases symptoms and prevention will minimize their dependency on the medical community Keep Young and Zimmer Free Andrew Tait, 7 Steps to a Naturally Unbridled Life M. A.,2011

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