

# SAVE YOUR LIFE

a handbook for preventing

heart attacks  
cancer  
strokes

by Lewis Cope

# Save Your Life A Handbook For Preventing Heart Attacks Cancer Strokes

**Danny Purser**



## **Save Your Life A Handbook For Preventing Heart Attacks Cancer Strokes:**

**Save Your Life** Lewis Cope,1979 *Current Catalog* National Library of Medicine (U.S.),1979 First multi year cumulation covers six years 1965 70 Program 120 Female Handbook A Danny Purser,2015-08-26 Program120 Female A Handbook on Preventive Medicine A condensed version of the first ten chapters of his famous Program 120 textbook on disease prevention in this book Dr Purser discusses the top 10 causes of death in women and also provides all the known steps at that time to prevent them He discusses such things cardiovascular disease strokes preventable accidents trauma breast and colon cancer diabetes and kidney failure Everything is highly referenced and researched Discover all the known western medical options that are known to prevent the top causes of death and learn to improve your life **Program 120 Male Handbook A** Danny Purser,2015-08-26 Program120 Male A Handbook on Preventive Medicine A condensed version of the first ten chapters of his famous Program 120 textbook on disease prevention in this book Dr Purser discusses the top 10 causes of death in men and also provides all the known steps at that time to prevent them He discusses such things cardiovascular disease strokes preventable accidents trauma lung and colon cancer diabetes and kidney failure Everything is highly referenced and researched Discover all the known western medical options that are known to prevent the top causes of death and learn to improve your life *This Book Could Save Your Life* Graham Lawton,2020-05-12 You are what you eat Food and diet have an enormous influence on your health and well being but eating the right amount of the right things and not too much of the wrong things isn't easy But as in most walks of life knowledge is power This book will empower you to eat healthily lose weight and sort the fads from the science facts This is the New Scientist take on a New Year New You book an eye opening and myth busting guide to everything from sugar to superfoods from fasting to eating like a caveman and from veganism to your gut microbiome Forget faddy diet books or gimmicky exercise programs this is what is scientifically proven to make you live longer and to be healthier and happier **The Everything Low Cholesterol Book** Murdoc Khaleghi,2010-11-18 Lowering high cholesterol involves more than just taking medication or trying to eat healthier It entails a complete lifestyle overhaul In this guide Dr Murdoc Khaleghi helps you make the changes that can mean the difference between life or death He explains How cholesterol and heart disease are related What dietary changes you can make to lower your cholesterol Why some cholesterol is actually good How a family history of cholesterol can be a contributing factor The benefits of exercising at a moderate level This updated edition includes 100 heart healthy recipes as well as expanded information on meal planning and exercise Dr Khaleghi puts the responsibility in your hands arming you with all the tools that you need to live a happy healthier life *Program 120 Female Handbook B* Danny Purser,2015-08-26 Program120 Female B Handbook on Preventive Medicine A condensed version of the last half on the benefit of hormones of his famous Program 120 textbook on disease prevention in this book Dr Purser a pituitary endocrinology researcher lecturer and author discusses normal lab values in women He addresses proper testing diagnosis and hormone replacement therapy for

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The Teenage Body Book Kathy McCoy, Charles Wibbelsman, 1999 An updated manual for teenagers and their parents offers clear and comprehensive information about all aspects of mental and physical health for adolescents discussing diets sex drugs peer pressure and much more Original The Everything Stress Management Book Eve Adamson, 2001-12-01 Let's face it We're all stressed out No matter how hard we work or how much time we spend on burdensome tasks it seems our deadlines only get tighter and we're barely catching our breaths before new obstacles arise causing even greater tension Will it ever end The Everything Stress Management Book shows that it is possible to achieve your life goals and keep your physical and mental health intact Beginning with an easy to follow quiz that helps you identify your vulnerable areas the book then takes you step by step through the safest most effective ways to relax avoid stressors keep perspective and live a longer happier life The Everything Stress Management Book also gives you the lowdown on the most popular stress reduction methods including Aromatherapy Exercise Massage Meditation Proper nutrition Tai Chi Yoga And more Whether you're frazzled and frustrated at work or at home or are just plain stressed out The Everything Stress Management Book helps you regain control find your balance and face the world with optimism and confidence 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 **Weekly World News** ,1990-12-25 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has

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