

Recovering from the
**HEART
ATTACK**
Experience

Emotional Feelings, Medical Facts
A book for the patient, family, and friends

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In Collaboration with

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Recovering From The Heart Attack Experience Emotional Feelings Medical Facts

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Recovering from the Heart Attack Experience Elizabeth S. Weiss, Stephen Rubenstein, 1980 Understanding Chronic Illness Toba Schwaber Kerson, Lawrence A. Kerson, 1985 **Current Catalog** National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 **Health Information from the Public Library** Christine A. Bain, 1984

The Challenge of Aging, 1983 **Heart Disease and Health** G. Gadkari, 2012-11-24 Heart disease regardless of age and gender is the leading cause of death and a major health concern throughout the world Using a question and answer format practical examples and numerous illustrations this book explains the workings of the heart and related issues It first offers easy to understand definitions of the causes symptoms and treatments for heart diseases and then suggestions diets etc for maintaining a healthy heart The book includes numerous in text Web links to the American Heart Association National Institutes of Health USDA Centers for Disease Control and others with important information and health tips Companion files with 100MB of videos resources recipes fact sheets and illustrations are available for downloading by writing to the publisher at info merclearning com with proof of purchase FEATURES Provides questions and answers about the medical definitions and descriptions of heart disease and keeping your heart healthy General topics include the causes of heart disease details of symptoms and available treatments diets preventative measures see selected topics below Includes numerous in text Web links to the American Heart Association AHA National Institutes of Health NIH USDA Centers for Disease Control CDC pharmaceutical companies YouTube and other sites with animations diets practical case studies and tools related to your heart health Uses videos animations practical tips case studies charts and tables figures and photos to explain topics under discussion Companion files with 100MB of videos resources recipes fact sheets and illustrations are available for downloading by writing to the publisher at info merclearning com with proof of purchase Selected FAQs Covered Workings of the heart and the cardiovascular system blood coronary heart disease risk factors cholesterol HDL and LDL omega 3 fatty acids exercises fats triglycerides smoking obesity and healthy diet blood pressure and hypertension diabetes Body Mass Index symptoms of a heart attack arrhythmias electrocardiograms blood tests post traumatic stress disorder emergency treatments diagnoses heart drug therapy and statins stents types of surgery by pass angioplasty etc pacemakers risks of surgery follow up treatments keys to healthy living managing stress glycemic index carbohydrates and more **Heal Your Heart** Kitty Gurkin Rosati, 2008-05-02 Heal Your Heart combines the best of ancient spiritual wisdom and the best of modern nutrition to provide a holistic program for real living Morton T Kelsey Professor Emeritus University of Notre Dame Author of *The Other Side of Silence* and *God Dreams and Revelation* Kitty Rosati offers the range of information and wisdom needed for long term lifestyle changes It s so nice to see a dietary book extend beyond nutrition and inspire the reader Gerald G Jampolsky M D Author of *Love Is Letting Go of Fear* We recommend Heal Your Heart as an excellent guide for anyone seeking health and wholeness Kitty Rosati advocates a renewed emotional and spiritual journey along with her nutrition plan

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the English language Fighting the Silent Killer Dr Peter Cohn, Dr Joan Cohn, 1993-11-15 America's number one killer heart disease can exist in the absence of symptoms. Called silent heart disease, its first manifestations can be catastrophic. This no-nonsense guide now addresses this and other new issues in a clear, non-technical way and examines old concerns from a fresh perspective. The text moves easily from the role of smoking to Timeless Secrets of Health and Rejuvenation Andreas Moritz, 2005-02 What actually causes disease? The answer might be surprising. In this new edition of his best-selling book *The Key to Health and Rejuvenation*, Andreas Moritz reveals the most common but rarely recognized reasons responsible for illness and aging and how to achieve continuous vibrant health. Andreas puts the responsibility of basic health care back into the hands of the individual. He states: Healing occurs effortlessly and naturally once the conditions that are required for the body to return to its most natural state of balance and efficiency have been met. The basic theme is the relative ease involved in creating good health. While physicians attempt to combat or subdue illness, they know very little about employing the mind and body to actually heal a person. The book includes a complete self-help program, part of which is derived from the ancient medical system of Ayurveda. In addition, this book is packed with useful information on all major health issues and effective methods of cleansing the blood, liver, and gallbladder, intestines, kidneys, blood vessels, lymphatic system, and body tissues. The nearly 500 pages, divided into 15 chapters, explain everything about the mystery of mind and body, the laws of health and illness, the risk factors of common diseases, the diagnostic parameters, the most common causes of disease, and how to remove them, the basic misconceptions people and doctors have about health and wellness, and the journey to lifelong health and spiritual happiness. Neither conventional nor alternative forms of medicine provide the population with the basic practical steps to remove the root causes of illness and use practical measures of health promotion as a primary approach of treatment. *Timeless Secrets of Health and Rejuvenation* fills this gap by showing you how to employ your body's own healing powers to bring balance and harmony into all aspects of your life. Overall, this book is the bible of good health, happiness, and rejuvenation for those who long for a balanced lifestyle.

Health Psychology Catherine A. Sanderson, 2018-03-01 *Health Psychology: Understanding the Mind-Body Connection* introduces students to the story of health psychology through clear connections between science and the real world. Using a highly accessible writing style, author Catherine A. Sanderson employs a strong emphasis on the scientific principles and processes underlying the field of health psychology to present balanced coverage of foundational research, cutting-edge research, essential theories, and real-world application. The Third Edition builds on its strong student-oriented pedagogical program, streamlines content, and includes recent studies, pop culture references, and coverage of neuroscience to support student learning and engagement. Students will enjoy reading the text because of its relevance in helping them live long and healthy lives. Varcarolis' Foundations of Psychiatric Mental Health Nursing - E-Book Margaret Jordan Halter, 2013-08-19 NEW DSM-5 guidelines from the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders are fully incorporated in the text and include updated

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A Layman's Guide to Common Physical, Mental, Emotional Maladies and Their Healing Home Remedies Dr. Angel V. Somera M.D., 2020-03-05 This important book guides the reader how to Dissolve anxiety Ease chronic pain Lift depression Speed the healing process Each brief topic is fully up to date clearly presented and easy to use either for study work or pleasure And more importantly it can positively change one's mundane life style forever I have known Dr Angel V Somera M D since the last four decades and I have seen and witnessed how he has displayed a high sense of professionalism in his chosen profession which only a few Dumaguetenos can be at par I have known Dr Lito as a community leader writer and a good psychiatrist par excellence The community has known him since the time of college plays like The Sound of Music at St Paul University where he played the illustrious Capt Von Trapp until then he was a well respected personality in the civic circle On the launching of his book called A Layman's Guide to COMMON PHYSICAL MENTAL AND EMOTIONAL MALADIES let me give my full endorsement and support hoping that people who read it not only will appreciate Dr Somera's advocacies but his desire to make life better in his beloved community of ours in Dumaguete City Negros Oriental Philippines ELY P DEJARESCO Owner Manager The Negros Chronicle

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