

7 STEPS to Prevent HEART DISEASE



QUIT SMOKING

If you don't smoke, don't start.
If you do, VA can help you quit.



MAINTAIN HEALTHY WEIGHT

Strive for a body mass index (BMI) between 18.5 and 24.9.



CONTROL BLOOD SUGAR

Aim for a fasting blood sugar level less than 100 mg/dL.



EAT BETTER

Choose healthier foods such as fruits, vegetables and whole grains.



MONITOR BLOOD PRESSURE

Get checked every year for hypertension.



WATCH CHOLESTEROL

Healthy levels range between 125 and 200 mg/dL.

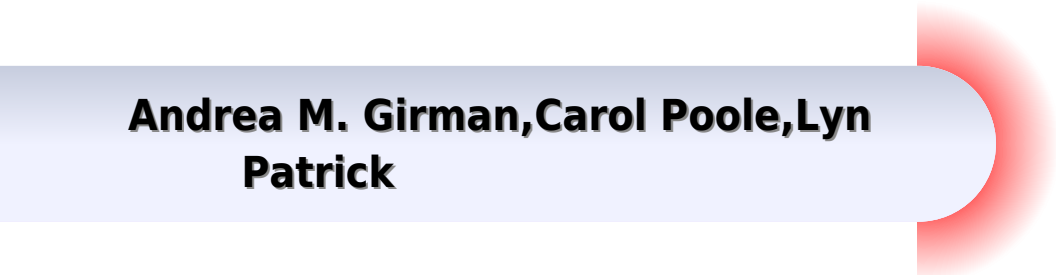


EXERCISE REGULARLY

Get at least 30 minutes a day to reduce strain on your heart.

Natural Pharmacist Preventing Heart Disease

**Andrea M. Girman, Carol Poole, Lyn
Patrick**



Natural Pharmacist Preventing Heart Disease:

Preventing Heart Disease Richard Harkness, 1999 Discover Nature's Treatment for Heart Disease Did you know that scientific evidence suggests there are natural ways you can protect yourself from heart disease It's true Millions have already discovered the preventive benefits of a healthful diet exercise and other natural approaches With this book so can you Inside you'll learn which herbs vitamins and other natural supplements can help reduce cholesterol and lower high blood pressure how vitamins can protect the heart from damage the differences between good fat and bad fat and much more Includes up to date information on heart disease and Vitamin E Niacin Garlic Soy Protein Sitostanol Red Yeast Rice Coenzyme Q10 Folic Acid Omega 3 Fatty Acids Hawthorn And conventional medical treatments It's all here in simple straightforward language You'll find yourself turning to this helpful trusted companion again and again The Natural Pharmacy Product Guide

Richard Israel, 1991 Explains the principles of natural health care remedies examines the various approaches to holistic healing and looks at over 125 of the most popular and effective brand name products for treating a wide range of common ailments The Natural Pharmacist Darin Ingels, 1999 Discover Nature's Treatment for High Cholesterol Did you know that scientific evidence suggests that garlic may reduce cholesterol levels It's true Millions are discovering the healing power of this natural remedy With this book so can you Inside you'll learn what cholesterol is and why high cholesterol is a health problem how garlic may help reduce high cholesterol how to take garlic which other natural treatments may help reduce cholesterol and much more Includes up to date information on cholesterol and Garlic Gugulipid Soy Protein Fish Oil Inositol Hexaniacinate Red Yeast Rice Niacin Pantethine And conventional medical treatments It's all here in simple straightforward language You'll find yourself turning to this helpful trusted companion again and again **The Pharmacy Guide to Herbal**

Remedies J Vries, 2011-06-10 The Pharmacy Guide to Herbal Remedies is the first in a series of books by Jan de Vries It is written with a common sense approach and explains how herbal remedies can complement today's lifestyle by combining natural cures with pharmaceutical and orthodox medicines The book demonstrates that despite an age and society blighted by modern day diseases it is possible for every person to maintain and obtain optimum health by combining complementary and orthodox healthcare methods This book should be in every household as a quick and easy reference guide

Preventing Osteoporosis with Ipriflavone Andrea M. Girman, Carol Poole, Lyn Patrick, 2000 One in five women over age 50 and one in 20 men has osteoporosis This debilitating bone disease causes an estimated 1.5 million broken bones in the United States every year Currently there are several effective therapies that can help protect against osteoporosis but none is ideal Most come with potentially serious side effects and health risks Now there's a safe alternative that will help prevent bone loss Ipriflavone derived from healing isoflavones naturally found in soy has been scientifically proven to stop bone loss and perhaps even reverse it Preventing Osteoporosis with Ipriflavone gives readers all the information they need about this supplement including What Ipriflavone is and how it works The scientific evidence How it compares to the leading

conventional and alternative osteoporosis therapies Potential side effects And more *The Green Pharmacy* James A. Duke,1999-07-30 Thousands of safe natural remedies lie untapped in jungles forests and herbal gardens throughout the world Now in *Green Pharmacy* by James A Duke with illustrations by Peggy Kessler Duke America s foremost authority on medicinal plants and herbs shares his knowledge of these hidden reserves of healing power For Arthritis A new all natural remedy that can cut pain in half For Back Pain A fruit that has anti inflammatory properties to produce long term relief For Your Heart An herb that opens up clogged arteries and lowers blood pressure with none of the side effects of prescription drugs For High Cholesterol A tasty grain that has three times more cholesterol lowering power than oat bran For Migraines An herb that has the power to eliminate the blurred vision and debilitating pain of these monster headaches For Mood Swings A common food that shares the power of Prozac to boost the brain s level of feel good serotonin For Osteoporosis A prime plant source of calcium that vastly enhances protection against bone depletion For Wrinkles An herbal lotion that has the skin clearing wrinkle reversing power of alpha hydroxy acid but costs only pennies And much more over 120 conditions in all *The Natural Pharmacist* Richard Harkness,1999 Discover a Natural Approach to Cancer Prevention Did you know that scientific evidence suggests that certain foods and natural supplements can help you prevent cancer And there s still more you can do to reduce the risk Inside you ll learn which herbs vitamins and other natural supplements can help cut your cancer risk which foods contain natural anticancer agents four key ways you can keep cancer away how to reduce carcinogens in grilled meats and much more Includes up to date information on cancer and Vitamin E Selenium Lycopene Soy Green Tea Garlic Flaxseed Beta Carotene Vitamin C And conventional medical treatments It s all here in simple straightforward language You ll find yourself turning to this helpful trusted companion again and again **50 Ways Women Can Prevent Heart Disease** M. Sara Rosenthal,2000 Examines issues related to smoking diet exercise high blood pressure cholesterol safe sex and hormone replacement therapy **The Complementary and Alternative Medicine Information Source Book** Alan Rees,2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source

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The People's Pharmacy Guide to Home and Herbal Remedies Joe Graedon, MS, Teresa Graedon, 2002-02-18

44% of adults take prescription medication 1 in 5 also take herbal supplements 15 million of these people are at risk for an adverse reaction Are you one of them Included in this powerful new book An A Z handbook of common symptoms and ailments Time tested Graedon approved home and herbal remedies An overview of the most popular herbs in the US Europe and Australia Over fifty monographs that detail the active ingredients common uses proper dosages special precautions adverse effects and possible herb and drug interactions for each herb Resource listings of herbal web pages and products

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Natural Pharmacist Preventing Heart Disease Introduction

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