

# 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

**Alan Rees**



## **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 *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

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based on research and facts not hype Only from The Natural Pharmacist TM      *The Healing Handbook - Unlock Nature's Pharmacy for Everyday Wellness* Pasquale De Marco, 2025-04-14 The Healing Handbook Unlock Nature's Pharmacy for Everyday Wellness is a comprehensive guide to natural healing providing readers with a wealth of knowledge and practical solutions for a wide range of ailments This book is a testament to the healing power of nature and its ability to restore balance and vitality to our lives With the rising popularity of natural healing methods individuals are increasingly seeking alternative approaches to address their health concerns This book delves into the world of natural remedies offering a holistic approach to healing that empowers individuals to take control of their well being Through the wisdom of ancient traditions and the latest scientific research this guide compiles a collection of natural remedies that have stood the test of time From medicinal plants and herbs to essential oils and dietary adjustments readers will discover how to harness the healing power of nature in their own homes The book encompasses a wide range of topics from women's and men's health to children's well being and everyday injuries It provides natural remedies for emotional and mental well being addressing issues like stress anxiety and sleep disturbances Additionally it explores the future of natural healing examining the integration of natural therapies into conventional medicine and the importance of research and innovation in this field With a focus on preventive care and a comprehensive understanding of the human body this book provides a roadmap to a healthier and more fulfilling life Embrace the healing wisdom of nature and unlock your body's innate ability to heal and thrive In the pages of this book readers will find Natural remedies for over 100 common health problems Detailed instructions and easy to follow recipes for natural remedies A comprehensive understanding of the science behind natural remedies A holistic approach to healing that addresses the root causes of illness Guidance on how to integrate natural healing into a healthy lifestyle The Healing Handbook is an invaluable resource for anyone seeking to improve their health and well being naturally With its wealth of information and practical guidance this book empowers individuals to take charge of their health and live a more vibrant fulfilling life If you like this book write a review on google books      **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

## **Natural Pharmacist Preventing Heart Disease** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Natural Pharmacist Preventing Heart Disease**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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## Natural Pharmacist Preventing Heart Disease Introduction

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