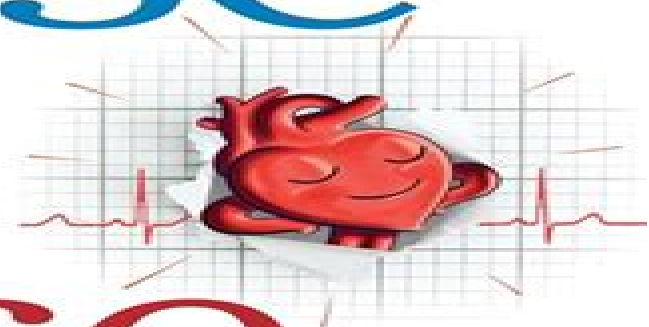


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109 Things You Can Do

Prevent, Halt & Reverse Heart Disease



BY JOSEPH C. PISCATELLA
AUTHOR OF THE MILLION-COPY BESTSELLER *DON'T EAT YOUR HEART OUT COOKBOOK*
& BARRY A. FRANKLIN, Ph.D.

Prevent Halt Reverse Heart Disease 109 Things You Can Do

**Maureen Davey, Karni Kissil, Laura
Lynch**



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Prevent, Halt & Reverse Heart Disease Barry Franklin Ph.D., Joseph C. Piscatella, 2011-01-06 When your doctor delivers the news you have heart disease which afflicts one in three Americans an estimated 81 million people you need exactly the kind of indispensable plainspoken advice found in *Prevent Halt Life Skills* the 109 practical tips from 3 increase your HDL level to 22 breathe deeply to 99 know your margarines to 109 floss your teeth and *Cardiac Basics* an explanation of contemporary tests and treatments Throughout is information updated since the first edition such as the recommended dose of baby aspirin per day the importance of sleep a smarter way to read food labels the PLAC test and more **Stable Wisdom** Shirley J. Potterton, 2013-07 Although midlife has been traditionally viewed as a time of decline science and experience are demonstrating that most of our fears are unsupported For many women it can be a time to rediscover important aspects of themselves that have been left due to the responsibilities of motherhood and careers In *Stable Wisdom* lifelong horsewoman Shirley Potterton provides a one of a kind guide for women on a midlife journey that encourages transformation and positive changes with the help of an equine companion Potterton whose love for horses was rekindled at midlife relies on experiences from her own journey of self discovery as well as others to share powerful tools and exercises to help women embrace the wisdom of an intuitive creature in order to move forward develop new skills and utilize innate strengths Through a step by step plan that can be applied with or without a horse women can learn how to listen to the inner voice for direction create and renew energy levels develop a courageous approach to life bring insight wisdom and experience to leadership roles and initiate self reflection without judgment *Stable Wisdom* provides valuable guidance tools and confidence for any woman in midlife who dares to think big and is ready to discover her own unique wisdom and implement exciting life changes **Mnemonic English Learning** Abdüllatif Ofli, 2023-07-26 Mnemonic reference featuring nuanced definitions idiomatic expressions and extensive word coverage to aid young adults and academics in enhancing their lexicon to master English the honest way for native fluency *Mnemonic Learning* is an engaging and authentic dictionary with a holistic approach to sophisticated language training Conceptual mapping facilitates each query to link with many others in dozens of different ways by interactive and native content for thousands of refined expressions words phrases collocations idioms proverbs and exclusive concordances Key terms each connected to the main term with variations at different rates are cultivated under 17 sections catering to proficient English speakers to escape from intermediate to advanced levels *The Importance of Civility* T. S. Bogorad, Esq., 2006-09-01 Your choices charm and chutzpah can revitalize your community In her first book Bogorad reminds us that we are all social beings who need to socially interact to thrive as individuals and to sustain strong communities She shares with us the theory that social isolation leads to victimization and weakens our communities And she warns us that social cannibalism may consume us if we continue to ignore our need and our obligation to socially interact with each other If you are a person whose community has been weakened by incivility victimization and or

addiction the ideas within her book may help you strengthen your community Or if you are a person who has minimal contact with other people her ideas may provide you with a reason to increase the quantity and quality of your interactions Or if you are a person who lives in a community without incivility victimization and addiction the contents of her book may help you understand those of us whose social environment is not as perfect as yours But no matter who you are reading her book will cause you to wonder about the importance of civility and the costs of incivility Remember We all need a village And ponder What we do not say does hurt us and our polite interaction with others strengthens us and our community according to

Bogorad **Helping Children and Families Cope with Parental Illness** Maureen Davey,Karni Kissil,Laura Lynch,2016-03-31 When a parent or parental figure is diagnosed with an illness the family unit changes and clinical providers should consider using a family centered approach to care and not just focus on the patient coping with the illness *Helping Children and Families Cope with Parental Illness* describes theoretical frameworks common parental illnesses and their course family assessment tools and evidence supported family intervention programs that have the potential to significantly reduce negative psychosocial outcomes for families and promote resilience Most interventions described are culturally sensitive for use with diverse populations in diverse practice settings and were developed for two parent single parent and blended families *Your Best Medicine* Mark A. Goldstein,Myrna Chandler Goldstein,Larry P. Credit,2009-03-17 Integrative medicine the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing is transforming both how health professionals treat disease and how patients manage their own care *Your Best Medicine* introduces the reader to this new world of healing options for everyday ailments like dry skin fatigue and indigestion as well as more serious conditions like diabetes heart disease and obesity All of the treatments and techniques in *Your Best Medicine* have been handpicked by two practitioners one a conventionally trained MD the other a specialist in complementary therapies based on established therapeutic protocols research evidence and clinical experience Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies relative effectiveness safety and ease of use Every entry in *Your Best Medicine* also provides important information on risk factors symptoms and diagnostic techniques as well as preventive measures Armed with this knowledge readers can make decisions wisely and confidently at every stage of their care [Heart Disease for Dummies](#) , **Living a Heart-Healthy Life** Michael R. Wilson,2010-08-15 Discusses why it is important to have a healthy heart and provides diet and exercise tips for maintaining a healthy heart and cardiovascular system *Aging Well with Diabetes* Bottom Line Inc.,2017-08-01 The editors of Bottom Line Inc present *Aging Well with Diabetes* the first book for mature men and women looking to prevent and control diabetes with insight from over 500 of the world s top health experts Diabetes is epidemic in the United States especially if you re over the age of 50 Even if you re already being diligent about your health a diagnosis can feel like an overwhelming extra burden *Aging Well with Diabetes* was published to ease your anxiety and provide easy access to the trusted collection of information

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