

Healthy Heart Program

10 Tips for Heart Health



Presenter's Name and Title
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The Healthy Heart Program

Karin Nielsen-Saines



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The Healthy Heart Program Terence Kavanagh, 1985 *The Carbohydrate Addict's Healthy Heart Program* Richard Ferdinand Heller, Rachael F. Heller, Frederic J. Vagnini, 2000 Compatible with the American Heart Association guidelines The Carbohydrate Addicts Healthy Heart Program is a carb smart plan designed to correct the cause of your carbohydrate cravings and weight gain while cutting your risk for high blood pressure high blood fat levels adult onset diabetes and heart disease without sacrifice and without deprivation WITNESS THE AMAZING RESULTS FROM THE CARBOHYDRATE ADDICT S HEALTHY HEART PROGRAM DR RACHAEL F HELLER show before and after photos of Dr Heller BEFORE AFTER BLOOD PRESSURE 220 120 110 70 TOTAL CHOLESTEROL 250 178 TRIGLYCERIDES 385 98 BLOOD SUGAR DIABETIC NORMAL WEIGHT 300 lbs 138 lbs HEART RISK RATIO HIGH RISK LOW RISK Are you a carbohydrate addict at risk for heart disease Take this quiz and find out 1 After eating breakfast are you hungry before lunchtime 2 Do you get tired in the middle of the afternoon and find that a snack makes you feel better 3 Do you eat or snack when you re really not hungry 4 Once you start eating snack foods or sweets is it hard to stop 5 Does stress exhaustion loneliness or boredom make you want to eat 6 Have you been told that you re overweight or have high blood pressure or adult onset diabetes Or do any of these disorders run in your family SCORING COUNT YOUR YES ANSWERS 0 1 PROBABLY NOT CARBOHYDRATE ADDICTED 2 4 MILD OR MODERATE CARBOHYDRATE ADDICTION 5 6 SEVERELY CARBOHYDRATE ADDICTED *The Women's Healthy Heart Program* Nieca Goldberg, 2008-12-10 WINNER OF THE BOOKS FOR A BETTER LIFE AWARD One out of every two women will die of heart disease It is the single greatest health risk for women today more than stroke and all cancers combined In the course of her practice and as chief of Women s Cardiac Care at New York s Lenox Hill Hospital Dr Nieca Goldberg has come to a startling realization Women experience heart disease in a fundamentally different way than men do The physiology of a woman s heart attack is not the same as a man s the symptoms of heart disease and signs of impending heart attack differ for women and once heart disease has been recognized women often do not get the treatment and medications they require Now here are detailed age specific programs that give women the facts and the guidance they need to recognize treat and prevent heart disease including how you can rate your risk of heart disease the effects of menopause on your heart risk factors you can change starting today a heart healthy exercise plan that works for you a complete guide to heart healthy supplements the truth about hormone replacement therapy and the heart recovering from a heart attack or surgery Authoritative caring and up to the minute this is the women s health book for the new millennium *The Healthy Heart Program Model* Holly Jannyse Kennedy-Symonds, 2002 *Healthy Heart* Paul Chappuis Bragg, Patricia Bragg, 2001 Dr Patricia Bragg examines the most current research into the threats to cardiovascular health and outlines a natural drug free lifestyle proven to improve the cardiovascular health of anyone at any age **Extension Review**, 1987 *Health Services Reports*, 1992 *Focus on Federal Employee Health and Assistance Programs*, 1990 **ACSM's Worksite Health**

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