



Take Heart: Cut Your Inherited Risks of Heart Disease

Frohlich, Edward D.

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Take Heart Cut Your Inherited Risks Of Heart Disease:

Take Heart Edward D. Frohlich,1992-05-01 **Take Heart** Edward D. Frohlich,Genell J. Subak-Sharpe,1990 Explains how to deal with high blood pressure smoking obesity cholesterol and stress to reduce the chance of heart disease in individuals with a family history of cardiac problems *Foods for Health : Report of the Pilot Program* National Heart, Lung, and Blood Institute. Foods for Health Project Group,1983 **Foods for Health** ,1985 **Your Heart** People's Medical Society (U.S.),1996 This book gives a clear picture of that hollow muscle that beats in the center of every chest and explains what goes on when bad things happen to good hearts what can be done to correct or alleviate these problems and how to keep a heart healthy Paul Insel,Don Ross,Kimberley McMahon,Melissa Bernstein,2010-04-07 5 Stars Doody s Review Service Nutrition Fourth Edition is an accessible introduction to nutritional concepts guidelines and functions It brings scientifically based accurate information to students about topics and issues that concern them a balanced diet weight management and more and encourages them to think about the material they re reading and how it relates to their own lives Covering important biological and physiological phenomena including glucose regulation digestion and absorption and fetal development as well as familiar topics such as nutritional supplements and exercise Nutrition Fourth Edition provides a balanced presentation of behavioral change and the science of nutrition *The Optimal Health Revolution* Duke Johnson,2009-05-01 Cutting edge science is coming to a startling realization The bulk of our most lethal diseases have a common underlying cause persistent inflammation an over active reaction of our natural immune system function resulting in cell and tissue destruction This persistent inflammation is triggered by our industrial lifestyles including exposure to chemicals synthetic food ingredients pollution and processed foods Researchers are linking inflammation to an ever wider array of chronic illnesses reports Newsweek s Anne Underwood Suddenly medical puzzles seem to be fitting together such as why hypertension puts patients at increased risk of Alzheimer s or why rheumatoid arthritis sufferers have higher rates of sudden cardiac death They re all connected on some fundamental level But inflammation and the risks of chronic diseases it brings can be managed Lifestyle and nutritional change is part of the answer But the other part of the answer lies with ground breaking information from the newest field of science nutrigenomics Nutrigenomics is the science of how your genes interact with nutrients It is the study of how DNA and the genetic code affect a person s need for certain nutrients and help maintain optimal health throughout life The Optimal Health Revolution combines leading edge science including 600 scientific references with an easy to read conversational writing style that make this critical information accessible to every reader Relevant to both the researcher and medical doctor interested in the latest science and the casual reader looking to improve his or her health The Optimal Health Revolution makes a critical contribution to our understanding of health

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