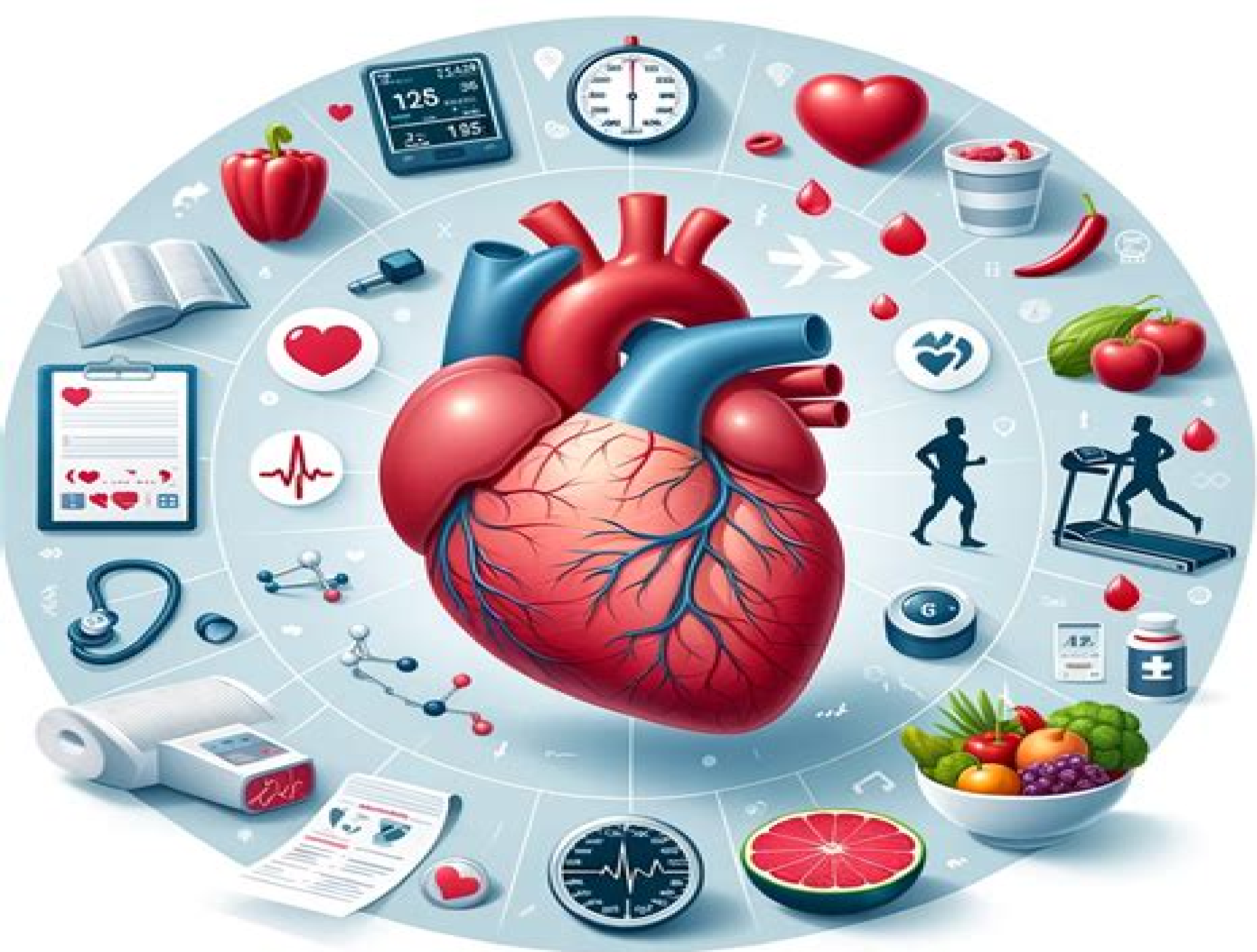




The Healthy Heart

Gabe Mirkin



The Healthy Heart:

The Healthy Heart Handbook Marian Sandmaier, 1992 Tells women why they should be concerned about their heart health and what they can do to prevent coronary disease Describes what cardiovascular diseases are who gets cardiovascular diseases the major risk factors other risk factors and what can be done to prevent cardiovascular disease Also discusses new research projects that focus on women Healthy Heart Handbook for Women Marian Sandmaier, 1997

The Healthy Heart Program Terence Kavanagh, 1985 The Healthy Heart For Dummies James M. Rippe, 1999-12-15 The Healthy Heart For Dummies explores that most vital organ the heart and explains why you need to care for it This book also helps you design a personal lifestyle based on proper nutrition physical activity weight management and mind body connections to both prevent and control heart disease It includes a section describing the latest tests and procedures used in evaluating heart health and problems which help you make decisions on treatment options As an added bonus the author James M Rippe M D has conferred with the world s top chefs to offer you 35 great tasting and heart healthy recipes The Healthy Heart Book Morag K. Thow, Keri Graham, Choi Lee, 2013 Three experienced cardiac rehabilitation clinicians have joined together to create the most comprehensive yet practical guide on cardiac rehab The Healthy Heart Book is a user friendly resource focusing on exercise diet and stress management which provides a blueprint for recovery

The Healthy Heart Miracle Gabe Mirkin, 2006-10-31 For those hoping to reduce their risk of heart attack stroke and diabetes The Healthy Heart Miracle offers a simple 8 week plan that works or without cholesterol or blood pressure lowering drugs Dr Mirkin s SHOW ME Diet dramatically improves blood pressure cholesterol and triglyceride levels and his DASH Plus program offers a whole grain high vegetable regimen that includes easy to follow menus and 50 recipes The exercise plogram Dr Mirkin has devised accomodates differing levels of fitness and is geared toward today s hectic time strapped lives

The Healthy Heart Handbook for Women Marian Sandmaier, United States. Department of Health and Human Services, National Institutes of Health, 2012-07-20 Research on women s heart health is exploding Nearly every week it seems the media report on new ways to prevent and treat heart disease in women and it can be hard to keep track of it all In this updated edition of The Healthy Heart Handbook for Women we have put together all of this new knowledge in one easy to use handbook This guide is part of The Heart Truth a national public awareness campaign for women about heart disease sponsored by the National Heart Lung and Blood Institute NHLBI and many other groups See Getting the Word Out on page 10 The Healthy Heart Handbook for Women will give you new information on women s heart disease and practical suggestions for reducing your own personal risk of heart related problems You ll find out about a little known form of heart disease in women and how to get it diagnosed properly The handbook will also help you make sense of widely publicized research on the impact of a lower fat diet on women s heart disease risk There is much good news in these pages including new findings that people who avoid heart disease risk factors tend to live healthier and longer lives The handbook will give you the latest information on preventing

and controlling those risks You ll also find new tips on following a nutritious eating plan tailoring your physical activity program to your particular goals and getting your whole family involved in heart healthy living The handbook will also advise you on the warning signs of heart attack as well as how to act quickly to get help *The Healthy Heart Walking Book* The American Heart Association,1995-08-23 Walk your way to health and well being Regardless of your level of fitness you can improve your cardiovascular health weight control stress management and overall well being through a simple walking program In the American Heart Association s *The Healthy Heart Walking Book* the leading crusader in the fight against heart disease tells you all you need to get started Simple quizzes help you assess your fitness level and determine your short and long range goals as well as your personal fitness barriers Throughout the book you ll find tips on Choosing the right shoes Eating right Trying new posture and breathing techniques Stretching to warm up and cool down Increasing your walking speed and endurance Keeping yourself motivated Charting your progress new ideas and future goals in a special fill in diary Here are all the walking tools you need to increase your stamina ability and fitness So whether your idea of a walk is a stroll around the block or ten laps at the track *The Healthy Heart Walking Book* will start you on the road to a fit lifestyle *A Healthy Heart Reader's Digest Association*,2000 It is vital to understand the causes of heart disease so you can keep your body functioning at it s best level **The Natural Way to a Healthy Heart** Stephen Holt,2002-01-29 An exploration of mind body medicine in relation to the heart Holt s pluralistic medicine encompasses both the conventional and the alternative embracing any and all treatments that are safe and effective

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The Healthy Heart Introduction

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