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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Approved Ways To Prevent Heart Disease

By MoneyMadam

Today's modern medicine has made great strides in determining the causes of heart diseases, as

well as ways to treat and prevent it. Just fifty years ago, most people didn't go to the doctor unless they were sick, and the medical profession itself didn't really warn its patients about heart disease, unless the person showed serious signs of it or had a close family member with the disease. Now, thankfully, a much more pro-active approach is taken by both the patient and the doctor in preventing heart disease, as well as treating it.

An Ounce of Prevention

Perhaps one of the best ways to prevent heart disease is to change the patient's outlook on diet and exercise. It has been shown, time and time again, by such medical groups as the American Medical Association and the American Heart Association that a diet low in fat and low in calories is a great way to lower a person's cholesterol, which is a major risk factor when it comes to heart disease. Add to that a regular doctor approved exercise routine and regular monitoring by the family doctor, and you will be an active participant in the battle to prevent heart disease.

One thing to always remember, of course, is that you and your doctor should be a team in the challenge to prevent heart disease. Routine monitoring of such things as your blood pressure, cholesterol level, general weight and health, as well as indications of other diseases that might complicate the situation are all very important things that both you and your chosen medical professional should be on the look out for. So, even if you're not overly concerned about preventing heart disease, see your doctor on a regular basis and talk with them. Depending on what is uncovered, you can possibly get a head start on your race to prevent heart disease.

When Exercise and Diet Aren't Enough

While good diet and regular exercise are great ways to help prevent heart disease, sometimes they simply aren't enough. Occasionally, your doctor will prescribe different medicines, to help with the battle. The most common ones are those that either help regulate and lower high blood pressure or help the body process and lower the concentrations of cholesterol. Whether or not prescription drugs

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are needed for your situation should be decided after a serious consultation with your doctor and some monitoring of your health and lifestyle. There are many drugs out there to help prevent heart disease, and your doctor can discuss all the options available.

Trying to prevent heart disease is definitely something that should be on the forefront of everyone's mind. It is one of the leading killers of both men and women in the United States today. By working with your doctor, and following a sensible low fat diet and exercise plan, your efforts to prevent heart disease will not be in vain.

More health related information may be found in

<http://heart-concern.blogspot.com>

4 Ways to Prevent the Most Common Women's Health Problem

By Julie Lenz

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4 Ways to Prevent the Number One Women's Health Problem
by Julie Lenz

What disease kills more American women than any other?

If you answered anything except heart disease then you must read this article. According to the American Heart Association heart disease and stroke are the No. 1 and No. 3 killers of women. They are two of the many cardiovascular diseases that kill nearly 500,000 women each year. That's more than the next seven causes of death combined, including all forms of cancer. But there are steps you can take to protect yourself.

1. Get your cholesterol tested every year. Many women don't know they have high cholesterol. They assume that heart disease is a man's problem. Even many doctors don't realize the risk that women have of heart disease so they fail to suggest testing.

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2. Increase your weekly exercise. We now know that as little as 10 minutes of exercise three times a week can greatly reduce the risk of heart disease, stroke, and diabetes. Take the stairs instead of the elevator. Walk the dog a little bit longer each day. Get your heart pumping by dancing to your favorite music

while you clean the house. Walk during your lunch hour instead of eating at your desk.

3. Eat more fruits and veggies. Fruits and vegetables are low in fat and high in fiber. They contain heart healthy nutrients. Leafy greens are particularly healthy. Orange juice is high in folic acid, a nutrient known to protect the heart and prevent

birth defects. Add one vegetable or fruit to every meal and you will likely double your current intake.

You can make it easier by keeping prepared vegetables in the refrigerator to throw into a salad or munch on for snacks.

4. Learn about polycystic ovary syndrome (PCOS). PCOS affects as many as 5–10% of all women. It is one of the most common endocrine disorders and is one of the most common causes of infertility.

PCOS is a cluster of symptoms that can include: unexplained weight gain or difficulty losing weight, depression or mood swings, painful or irregular periods, absent periods, acne, hair loss, unexpected hair growth (face, arms, stomach, etc.), infertility, high cholesterol, high blood pressure and more. Untreated PCOS can lead to serious health problems such as diabetes, heart disease and endometrial cancer. Protecting your heart is easier than you might think and it will reward you every moment of every day. Take care of yourself. You are worth it!

Julie Lenz is a life coach who helps professional women cope with the effects of chronic illness. She writes the weekly e-newsletter "PCOS Success!" She is also the author of "A PCOS Daybook: Daily Meditations for Coping With Polycystic Ovary Syndrome" to be released May 2004. You can learn more at: www.pcoscoach.com

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