

This Free E-Book is brought to you by Natural-Aging.com.

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

Do You Have Heart Failure?

By Jane Kriese

Do You Have Heart Failure? by Jane Kriese

Heart failure is a condition in which a weak or over worked heart doesn't pump efficiently enough, to adequately supply the body with blood. Usually this occurs because the heart muscle is damaged, and its contractions weaken.

Symptoms of heart failure are;

When the heart becomes weak, blood flow slows and fluid builds up in the heart, lungs, and body tissues while muscles are denied oxygen.

This can result in; Shortness of breath, trouble breathing during activity or rest, a persistent cough or raspy wheezing and breathing, tiredness and fatigue as a result of every day activities, swollen ankles legs or feet, dementia, sudden weight gain due to fluid build up, rapid or irregular beats as the heart tries to compensate for inefficient pumping.

Two life style diseases, that lead to heart attack or heart failure are;
High Cholesterol, and High Blood pressure.

Have you been told that you have high cholesterol, or high blood pressure?
If the answer is yes, you will be concerned. The great news is; high cholesterol, and high blood pressure are reversible .

To reverse these diseases you need to change your life style.
Are you ready to make some life style changes and to heal your body? If so visit;
www.herbs4health.net and print off the E book " 9 Steps To A Healthy Vibrant Body"
In this book you will find valuable information on changing you life style, and changing your diet.

Are you motivated to make these changes? If so, you have one other consideration.
Your body needs vitamins and minerals;
You should be taking; calcium and magnesium, a multi vitamin with a high vitamin B content and trace

Do You Have Heart Failure?

minerals (sometimes this is available in a multi mineral combination), and you need a special herbal product designed for the cardiovascular system.

Remember that, in order to get the goodness from your supplements they need to be a liquid herbal extract.

We have only touched the tip of the ice burg with this information, I would like to suggest that you read the book, "Left For Dead" by Dick Quinn. This book is a wealth of information on heart disease and how to heal yourself. In the book Dick says "after my heart attack and failed by pass, I saved my life and beat heart disease, without drugs, you can too".

Your healing is in your hands, the more you know, the better you are prepared to heal yourself ,and have a healthy vibrant body.

© 2005 Jane Kriese janes-store@telus.net

Would you like to have a Healthy Vibrant Body?

To learn more, sign up for Jane Kriese's

Herbs For Health Newsletter and receive you free (life changing) "Alkalinity Testing Kit". visit:
www.herbs4health.net

I am Jane Kriese, I am the web master for the site, www.herbsforhealthstore.biz, I am a business woman, author, wife and mother. My passion is the holistic world. I love to study, and write articles, about holistic cures for life style diseases. It is exciting to educate people, and watch as they change their life style by, introducing holistic products, and new habits, into their life. Many of these people have healed their bodies.

Heart Disease – A Very Real Threat To All Dogs

By Randy Jones

Heart disease is one of the most frequently seen problems in dogs. Different diseases involving the heart valves or heart muscle can lead to heart failure. Mitral insufficiency is by far the most common type of heart disease seen in dogs.

Mitral insufficiency involves the heart valve that separates chambers in the heart. If this valve becomes diseased and fails to close properly, blood is allowed to flow backward, which reduces blood flow forcing the heart to work harder to keep up with the body's demand for blood. This over working of the hart eventually leads to premature heart failure.

Do You Have Heart Failure?

This disease can result from normal wear and tear associated with age, or it can appear secondary to other diseases, normally periodontal disease. Bacteria from the diseased teeth and gums can enter the blood stream and attach to the heart valve, setting up infection and inflammation. Over time, the heart valve becomes damaged and scarred, making it unable to function properly. The end result is heart failure.

The clinical signs associated with a failing heart include coughing, especially at night and after exercise, breathing difficulties, distended abdomen, weight loss, and exercise intolerance. Your veterinarian can diagnose heart disease by x-rays and electrocardiogram.

Many forms of heart disease are accompanied by heart murmurs. A heart murmur is nothing more than an irregular sound caused by the disruption of normal blood flow within the heart. Heart murmurs are usually classified according to their intensity as heard by a stethoscope. Your veterinarian can identify which portion of the heart is affected by pinpointing the area on the dog's chest where the murmur is the loudest.

Unfortunately, most cases of heart disease are nonreversible. The treatment for any dog suffering from such is to create an environment that relieves some of the workload on the heart. Special diets and medications can be used to improve the quality of life and extend the animal's life expectancy. Early detection is the key here. At the first sign of clinical problems mentioned earlier you should get the dog to a veterinarian as soon as possible.

Randy Jones and his partner Brent Jones have been in the pet industry for a long time. Recently they formed

. On the site, customers can shop for the latest leather dog collars, small dog clothes, pet supplies and more. Check them out at

Do You Have Heart Failure?



This Free E-Book has been brought to you by Natural-Aging.com.

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