

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!

Home Based Remedy For Angina

By Sharon Hopkins

Angina attack is different from heart attack but it seems similar due to its chest-crushing severity. It

lasts for about ten minutes. People with angina attacks are the ideal candidates of heart attacks. It is the ideal sign of an impending heart attack. If you have already had an angina attack you might have been prescribed some medications. But you can also follow the tips given below to get immediate relief:

- Go vegetarian: If your diet is high in meat, butter and other dairy products along with fried foods, then rest assured that your cholesterol levels in the blood are at the highest. You can easily lower this by following a vegetarian diet. Skip all the animal products except skim milk, egg whites and nonfat yogurt. People who have opted for this diet found the severity and frequency of their angina pain reducing. Vegetarian diet prevents angina pain and keeps arteries clean because only the animal products like meat, milk egg yolks and other animal products are rich in cholesterol. They also have plenty of saturated fats that the body converts to cholesterol.

- Choose lean and light meat: But if you are an avid non-vegetarian eater, opt for lean meat, fish and poultry and limit your intake to less than six ounces per day. Choose cuts that are lean and stripped of all visible fats. Omit all the organ meats like liver, kidney and heart from your diet. Remove the skin from poultry before cooking.

- Increase your antioxidants: Vitamins A, C and E are the antioxidants that have been shown to prevent or control angina pain. Vegetarian diet is rich in these antioxidants. When your diet is rich in fruits, vegetables and grains, you can be rest assured that your body gets all the required nutrients.

- Take aspirin: Taking a regular dose of aspirin as recommended by the doctor can reduce heart attack risk. One small baby aspirin daily has helped patients with unstable angina, which is what happens when you are resting or sleeping. Aspirin prevents the formation of blood clots. Formation of clots prevents blood from flowing easily through the arteries and that can lead to heart attacks. But get your doctor's approval before starting your aspirin dose. This is because you can experience some side effects like internal bleeding and it could interact with other medications that you are taking.

Home Based Remedy For Angina

· Go for regular workout: If you exercise intensely, there are chances that you might experience angina pain. But still workout regularly. Exercise helps in improving the blood flow to the heart and also relieves stress that can trigger angina attacks. If you are an angina patient, you might experience pain when you increase your exercise levels. The solution is that you exercise till you start feeling the pain, then stop until the pain subsides and then continue. You can take nitroglycerin pills to ease the pain. But in the long run, an exercise regimen will improve exercise tolerance and the angina pain occurring only when your exercise stress goes up.

· Take precautions: Angina patients need to follow certain precautions. Avoid inhaling carbon dioxide, which can trigger angina attacks, so run in an area away from traffic. If you live in the city, exercise indoors. Exercising in bitter cold can trigger angina attacks so cover your face with a scarf.

· Raise your head: If you have angina attacks at night, raise your head off the bed three or four inches to reduce the number of attacks. When you sleep in this position, more blood pools into your legs so

that no blood returns to the heart's narrowed arteries. This may also reduce the need of taking nitroglycerine. But always consult your doctor before stopping or reducing any medication.

· Keep feet down: If you do not get angina attacks at night, the other alternative is to sit on the edge of the bed with feet on the floor. This has the same effect as taking nitroglycerin. But if the symptoms do not subside, take medications.

· Relax for some time: Going in for some daily relaxation technique like yoga, meditation, stretching or visualization. The method of relaxation is not that important than doing it daily. Going for a class is more helpful than reading a tape or book.

Sharon Hopkins has been managing a number of natural home remedies websites, such as

<http://www.home-remedies-for-you.com>

, provides information on different uses of the home remedies

and natural cures. Angina can lead to heart attack but can be prevented by doing some simple cures.

Arjuna, The Amazing Heart Herb That Reduces Cardiovascular Suffering

By Rudy Silva

Are you worried about heart disease now or later in life? So much is written and reported on heart disease or cardiovascular disease.

There's good reason. It's the number one killer of people in the US.

So, for good reason, you should to be concern about what you need to do so that you can avoid being

Home Based Remedy For Angina

a victim of heart disease.

Is there a natural remedy that can serve as a preventative or relieve or reduce the symptom of cardiovascular disease? Is there some natural remedy that can lower cholesterol levels or LDL, reduce angina attacks, reduce congestive heart failure, ischemic heart disease, prevent and reduce the fat build on your artery walls... and lower high blood pressure?

Yes there is.

In a special report put out by the Health Sciences Institute, they reported on a "New Breakthrough Against Heart Disease and Stroke."

This is so exciting that now there is a natural heart remedy that has come to light here in the US, but has been used for over 2500 years in India.

It's an Ayurvedic herb called Arjuna and is readily available. Arjuna comes from the Terminalia Arjuna tree, located throughout India.

In all of the clinical studies that have been performed it has shown significant improvement in patients tested. In tests for LDL cholesterol it reduced LDL by 25% after 30 days of use with a dose of 500 mg per day.

People who suffered from angina attacks were put on Arjuna. During a 12 week period, these people had a 30% reduction in angina attacks.

This is what the Health Science Institute report has to say about Arjuna,

"If the cholesterol circulating in your bloodstream isn't removed on a regular basis, it can deposit on the walls of your arteries. While this happens to everyone to a certain extent, thicker cholesterol deposits reduce the volume of blood flowing through your vascular system... 'hardening of the arteries.' This can cause a deterioration of tissues and organs. Your arteries also deteriorate from the accumulation of cholesterol. If left untreated, atherosclerosis can kill you. But Arjuna has been shown to turn around this life-threatening condition."

So why haven't you heard about this wonder herb. Well, it was reported in the newspaper, but was put in the middle of the paper where very few people would see it.

What's even more astounding about Arjuna is that you can afford it. Most herbal remedies or any

supplement that can really do something for you cost from \$25 to \$50 for 30 – 60 capsules and some even more.

Arjuna cost \$8–\$10 plus shipping, if you can't find it at your health food store, for 120 capsules of 550 mg. This will last you 2 months or more. This comes to \$5 – \$7 per month to care for your heart. Go out and buy this right now. Your heart deserves it.

I have to go now; I need to open the bottle of Arjuna that I just received in the mail. The brand that I recommend is Planetary Formulas...Arjuna.

Rudy Silva is a natural nutritionist. For more tips, articles, and information on high blood pressure go to:

<http://www.high-blood-pressure-remedies.com>



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!**