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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!

How 40,000 People Reversed Heart Disease

By Joey Dweck

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It is well known that about two-thirds of the U.S. population is either overweight or obese. The U.S. Surgeon General has stated that approximately 75% of Western diseases, such as heart disease, stroke, hypertension, diabetes, gout, arthritis, excess weight gain, hypertension, diabetes, some cancers, impotence, biventricular disease, constipation, heartburn, and gallbladder disease, are "lifestyle-related." They are directly correlated with our high fat diet, inadequate amounts of exercise, smoking, high intake of caffeine, and high amounts of stress coupled with insufficient support.

Hoping to address this alarming situation, more than 20 years ago, cardiovascular epidemiologist Hans A. Diehl, DrHSc, MPH, created the Coronary Health Improvement Project (CHIP). Since then, this 40-hour community-based lifestyle intervention program has helped more than 40,000 people rediscover their health by preventing, arresting and reversing their diseases. It has been conducted in more than 150 North American cities as well as in Bangalore, India, Australia and Switzerland. Depending upon the needs of the group, the meetings are held either "live" with Dr. Diehl delivering the program personally (usually meeting four times per week for four weeks) or as a "video-based" program with certified CHIP facilitators (normally two times per week for eight weeks). In addition, Dr. Diehl is a best-selling author - To Your Health, Dynamic Living, and Health Power (co-authored with Aileen Ludington, M.D.) -- as well as the executive editor of a 24-page quarterly Lifeline Health Letter; he has produced scores of health videos. CHIP empowers people through its scientifically-documented, educational and inspirational program that addresses common western diseases -- those that used to be seen primarily later in life. Today, these diseases increasingly appear at far younger ages. CHIP may make all the difference in one's life -- even the difference between life and death.

In 1999, CHIP launched a "community health transformation template" in Rockford, Illinois, a city with a population of 130,000. The intention was to transform Rockford into the healthiest city in American, thereby enabling it to serve as a model and template for cultural transformation on a community-wide level. Recently, CHIP was recognized as just such a model by HHS Secretary Tommy Thompson and

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was "approved" under the National Institutes of Health (NIH) and Centers for Disease Control and Prevention (CDC) as a "STEPS to a HealthierUS" applicant. In addition to "live" CHIP, a series of CHIP videos are offered through schools, churches, corporations, and hospitals. In Rockford, CHIP is sponsored by the Swedish American Health System's Center for Complementary Medicine.

Who is the typical CHIP participant? Generally, CHIP participants are over the age of 40. Most are between the ages of 50 and 59. There are twice as many women as men, and almost 90% are married. Clinical research, published in peer review journals, has found that they have the following lifestyle diseases: 10% report having heart disease 27% have elevated blood sugar 42% are overweight 49% show evidence of hypertension 60% are obese 89% are cholesterol above 160mg%

Over the course of the program, strict adherents are likely to experience significant clinical improvements such as the following: Serum cholesterol reduction average 15 - 20% Average weight

loss of six pounds In about half of the participants with type 11 diabetes, a dramatic reduction in need for insulin and hypoglycemic agents Lowering of high blood pressure levels Diminishing of angina Reduced levels of depression and increase in self-esteem

Class & Video Lecture Schedule

Week 1

Modern Medicine: Miracles, Medicines, & Mirages

The limitations of high-tech medical approaches in dealing with lifestyle related diseases

Portrait of a Killer: Onslaught from Within

Atherosclerosis, the culprit in many lifestyle diseases

Stalking the Killer

Reviewing the risk factors for coronary heart disease

Eat More and Weigh Less

Basic guidelines for healthy, sustained weight loss

Week 2

Going Up in Smoke

Smoking - the most controllable risk factor for coronary heart disease

The Magic of Fiber

How 40,000 People Reversed Heart Disease

The role of fiber in preventing and reversing lifestyle diseases

Reversing Hypertension

Changing the major risk factors for high blood pressure

Disarming Diabetes

Lifestyle factors that can arrest or reverse diabetes

Effective Cholesterol Control

Dietary factors that prominently affect blood levels of cholesterol

Fats in the Fire

The role of excessive fat intake in lifestyle diseases

Week 3

Fit at Any Age

Benefits of regular exercise in preventing and arresting disease

Boning Up on Osteoporosis

Cause and prevention of this so-called "disease of aging"

Lifestyle and Health

Clinical studies that demonstrate how lifestyle choices are related to health

The Optimal Diet

Positive dietary guidelines for the prevention and reversal of Western diseases

Week 4

Diet and Cancer

Dietary factors in the development and prevention of common cancers

Atherosclerosis of the Mind

The importance of adaptability in achieving and maintaining optimal health

The Gift of Forgiveness

How a spirit of forgiveness enhances emotional and overall health

Building Self–Worth

The development, preservation and role of self worth in a healthy person

Sidebar

Connie Thebarga's Story

At the age of 59, Connie Thebarga, a patient at the Ottawa Heart Institute in British Columbia, Canada, was told that her doctors could no longer help her. After all, in addition to suffering from hypertension, she had diabetes and painful diabetic neuropathy. She had two heart attacks followed by a triple coronary bypass surgery and an unsuccessful angioplasty. Every day, she had to take 27 pills. Not surprisingly, she was also depressed.

Yet, today, more than a decade later, Thebarga walks three miles a day, swims twice a week, dances, and travels to Florida and Europe. No longer depressed, she also requires far fewer pills. How was this accomplished? Thebarga participated in CHIP and transformed her life.

Written by the Editors at Weight Loss Buddy Press in collaboration with Hans A. Diehl, DrHSc, MPH, FACN, CNS

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Can Periodontal Gum Disease Be Reversed?

By Blake Kritzberg

Can periodontal gum disease be reversed? The answer is yes, if you begin early enough and are diligent. More advanced periodontal gum disease may still be reversed, but it will take some special cleaning provided by your dentist to give you a fighting chance.

Adopting a strenuous daily oral hygiene routine now can go a long way to reversing periodontal gum disease.

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1. Brush thoroughly when you get up in the morning and before you go to bed each night. Brushing or at least rinsing with water after meals and snacks will also help remove food and bacteria trapped between teeth, helping in reversing periodontitis.
2. Rinse your mouth with a good antibacterial mouthwash for at least a full thirty seconds twice each day. This will help reach bacteria trapped in pockets below your gum line, aiding in reversing periodontal gum disease.
3. Floss every single day. Pay special attention to flossing just below the gum line for reversing periodontal gum disease.
4. Even better than flossing or rinsing is the use of one of the powerful oral irrigators on the market, which blast food particles out from between your teeth and clean the gumline. High-end irrigators can be purchased with special tips to reach deeply into any pre-existing pockets and clean them out. These special tips are necessary for effective cleaning if your periodontitis has already established itself.

While a conscientious oral hygiene routine can go a long way in aiding the reversal of periodontal gum disease, sometimes the infection is too far advanced, and it is necessary to get professional help.

If the problem is becoming severe, your dentist may see fit to perform a periodontal cleaning. If x-rays show deep pockets of bacteria surrounding any of your teeth below the gum line, your dentist can choose from special procedures known as debridement, scaling or root planing to go in and scrape the bacteria out and make the tooth less hospitable to germs. He may also order a prescription antibacterial mouth wash to be used daily that will also help in reversing periodontal gum disease.

If more is required, he may perform actual periodontal surgery, which involves lifting the flaps of the gum to enable deep cleaning and suturing them back in place. After the procedure, you will have several appointments to check on the success of the cleaning. Still, there's good news for patients that have to suffer through surgery — a 2001 study found that roughly 50% of patients with moderate to severe periodontal disease showed measurable improvement from surgery, while those trying non-surgical options enjoyed less success.

The important thing is to seek help as soon as you notice any signs of trouble with your gums. The good news is, periodontal gum disease can be reversed if it's caught early enough.

Blake Kritzberg is proprietor of CuresForBadBreath.com. Stop by

to

learn more about bad breath cures and how to prevent bad breath.

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