

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!

Obesity America's Largest Problem

By Jane Kriese

Obesity America's Largest Problem 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

Obesity America's Largest Problem

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.

Excessive Fat kills.

By Dr. Donald A. Miller

Excessive Fat kills. by Dr. Donald A. Miller

In this new century, news media are finally aware that America's major health problem is obesity. Excess weight not only contributes to almost every health risk, it can actually multiply the risk factors, including those from tobacco. It has already been reported that tobacco causes more deaths than AIDS / HIV, maternal mortality, automobile accidents, homicide and suicide combined, yet obesity makes

the risks even higher.

You don't have to be 300 pounds overweight for fat to be harmful. Being "pleasingly plump" or even leaner can be enough to increase your risks of various ailments, such as cancers, diabetes, heart disease, memory loss, menopause, osteoporosis, PMS, stroke.

Just substituting margarine for butter is not enough, especially if the spread is made with hydrogenated oils or "trans fatty acids".

Good fats, the "essential fatty acids" that the body can not make, can be found in fish, nuts, soy and other foods. For most fats, if you have none in your diet, your body will make what it needs.

* Diet with FACTS, not Fat-Burner MYTHS. *

For more pages in this health series, send blank email to snips@easyhealthdiet.com

Donald A. Miller, Ph.D. is the author of "Easy Health Diet", and several thousand other reports, including two eBooks available through Amazon.Com. More health information can be found at his web site <http://easyhealthdiet.com>. Contact at <mailto:drdon@easyhealthdiet.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!