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Menopause, Andropause And Other Hormone Imbalances
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Zeroing in on the Prevention of Heart Disease

By Mike Spencer

Zeroing in on the Prevention of Heart Disease

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More Americans succumb to the effects of heart disease than any other illness. Rated the number one killer, heart-related ailments are brought about by a variety of circumstances - some of which are preventable.

The power that each individual has to ensure their own heart health is amazing, when you consider the factors that play a role in the variety of diseases that target the heart. The fact, then, that one out of every twenty people under the age of 40 suffers from some form of heart disease indicates that too many people aren't taking their heart health seriously.

Factors such as family medical history, menopause, diabetes mellitus and age (for those over 65) are among the risks that are beyond the control of those who may suffer from heart related ailments.

Those which are within the scope of control include stress, inactivity, smoking, high cholesterol, obesity and hypertension (high blood pressure). By exercising discipline and reducing or eliminating these factors, your chances of heart disease are dramatically decreased.

In addition to the more traditional methods of reducing your risk for such ailments, laughter has also been found to fight heart disease and promote good heart health. Since laughter is a great way to release pent-up stress and tension, this simple act might very well be just what you need to reduce the level of stress that might, otherwise, have a negative impact on your health.

According to recent medical information, it's believed that laughter can also help to fortify the lining of the blood vessels, as well as lowering your blood pressure and heart rate.

Believe it or not, tea drinkers also have a decreased risk factor for heart disease. Due to its anti-oxidant properties, this is an ideal beverage - especially for those who don't eat the proper amount of fruits and vegetables, which also contain anti-oxidants.

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This type of beverage, in addition to the fruits and vegetables, are rich in natural anti-oxidants and are, therefore, better for your heart health and overall health profile than supplements.

The bottom line is that, in order to have more control over the health of your heart, there are specific types of behaviors and activities that you can integrate into your daily lifestyle.

These include eating a heart-healthy diet, controlling your weight, smoking cessation, controlling diabetes (if present), maintaining healthy cholesterol levels, controlling blood pressure levels, managing stress and participating in a daily exercise program - either by taking a class, enrolling in a gym or health spa, or designing an exercise plan that can be executed at home.

A simple stroll around the neighborhood each day will help to control these potential risk factors. Medical professionals prescribe an hour of exercise each day - seven days a week.

Of course, regular medical examinations are a necessary part of your health program, and those who are seeking to reduce their risk of heart disease should be screened for those types of ailments on a regular basis.

Early detection can mean the difference between losing your life to heart disease and adding years to your life by taking the necessary measures to restore your heart to good health.

Mike Spencer has been helping people protect their health for many years. To find out how you can help protect your heart and prevent heart disease visit mikes site at:

<http://www.heart-healthy-diet.com>

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To get access to the full article directory go to:

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Prevention Of Alzheimer's Disease

By I Henman

Since the causes and mode of progress of Alzheimer's disease is still a riddle to experts in this field, some preventive measures at least may put a check on this distressing disorder. In course of random search, it was observed that people with a family history of Alzheimer's are prone to become victims while studies have shown that the disease may set in as a person begins to age. So, if your family tree has several black spots indicating Alzheimer's, you better be careful. Even without any family history, an aging individual should also take the following measures for prevention of Alzheimer's disease.

Zeroing in on the Prevention of Heart Disease

Lifestyle changes for the prevention of Alzheimer's disease

Though difficult at the outset, lifestyle changes, change of outlook and active mental and physical routine are supposed to render help in prevention of Alzheimer's disease. To begin with, let us see how mental stimulation may assist in the prevention of Alzheimer's disease.

Health studies conducted on nuns revealed that those who participated regularly in intellectual pursuits were less likely to contract Alzheimer's. Further studies also proved that a mere brainwave might not put a stringent check on Alzheimer's altogether, but it certainly delayed the onset and the progression of the symptoms that are no less distressing. So, for prevention of Alzheimer's disease one could just about read adventure stories, travel literature, sci-fi stories or do Crossword puzzles, play chess or scrabble.

Physical activity

Recent studies have shown that apart from mental stimulation, certain forms of physical activity may come of assistance for the prevention of Alzheimer's disease. Since the actual causes are unknown, it is believed that physical activity promotes increased blood flow, heart and lung capacity, etc and the combined effect should prevent Alzheimer's disease. However, physical activity need not necessarily be rigorous. Regular daily walk or swim, if possible or a game of golf or better still, any outdoor activity with small children may delay the onset of the disease.

Social Interaction

As people age, they tend to avoid social activity, preferring a solitary existence. However, studies have shown that aversion to social interaction prevents release of certain hormones necessary to build up immunity in human being. So, maintaining a social network, visiting friends and relations, attending parties, etc may help in the prevention of Alzheimer's disease.

Diet

Though no definite diet plan has yet been introduced for patients suffering from Alzheimer's, it is generally believed that diet recommended for cardiovascular diseases is also good for Alzheimer's. Besides, experts studying in preventive medicine have indicated that antioxidants like vitamin C and E and fish oil play a fairly important role in the prevention of Alzheimer's disease. In any event, such diet will do more good than harm to any individual, especially when he or she is aging.

Please note that this article is for educational purposes only, consult your family doctor or a medical expert before ever trying any remedy or treatment for a disease such as alzheimers.

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