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"In a reader-friendly, clear, concise, and comprehensive narrative, Dr. Samaan lays out a simple, lifelong approach to effectively preventing heart disease that will also improve overall health." —JEFF BALSER, MD, PhD, Vice Chancellor for Health Affairs, Vanderbilt University, and Dean of the Vanderbilt University School of Medicine

# Best Practices

*for a*

## HEALTHY HEART

HOW TO STOP  
HEART DISEASE  
BEFORE OR AFTER IT STARTS

And Reduce  
Your Risk  
of Heart Attack,  
Dementia, and  
Stroke



SARAH SAMAAAN, MD

Fellow, American College of Cardiology, and  
Codirector, Women's Cardiovascular Institute, Baylor Heart Hospital  
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Sarah Samaan MD FACC

## Best Practices for a Healthy Heart: How to Stop Heart Disease Before or After It Starts



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Make heart-smart choices about food, exercise, and tension•and, in spite of great strides in medicine, prevention is still the simplest way to keep your heart running strong. If you want to help your heart—and especially if you curently have a cardiac medical diagnosis, high cholesterol, high blood circulation pressure, or a family history of heart disease—your weight, cholesterol, heart rate, and blood pressure• For a lot more than twenty years, award-winning, board-certified cardiologist Dr.and much more!and today, she condenses her best advice into 7 easy steps on how best to:• Function with your physician to design the proper treatment for you•numbers”—Best Practices for a Healthy Center is your complete guidebook to cardio treatment.The heart beats more than 2,500,000,000 times on the average life— Consider charge of your “ Tell which supplements and alternative treatments actually help• Avoid vices that may harm your heart— Sarah Samaan has treated thousands of individuals and tirelessly kept pace with the most recent research—), and quickly be seven actions nearer to optimal heart health.side effects” (from a smaller waistline to a happier outlook!Put these guidelines in action today, and you will decrease your risk of disease and reliance on medication, experience a wealth of positive “



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My docs and 3 cardiologists (due to moves and adjustments in insurance) didn't make it clear if you ask me, like she will in no uncertain terms, the importance of a healthy diet plan, taking your meds regularly w/t fail, the correct way to take your BP at home, the importance of regular physical exercise, the as well as/minuses of vitamins, supplements, etc. A FANTASTIC book on Heart Care!. What is good for heart is also good for brain generally..so we don't acquire cardiovascular disease and other drastic health issues in our later years. The writer makes no statements that aren't supported by qualified analysis evidence. Samaan for composing this. Really gave me too much to think about. It truly is a thorough educational course on cardiovascular disease that is clearly a must read for anyone interested in improving the health of themselves and their family members. Highly recommend! Five Stars Good information Four Stars Very good heart advice! Great Resource! This book gets the answers to everything I want and wish to know about the heart. That is my personal doctor and I am so impressed by her and her book. Thank you to Dr. I discovered a lot about the effects of stress, hormones, and romantic relationships on the heart, and also some interesting brand-new information regarding diet and products. I would suggest this for any age. I would recommend this book for everyone to read as we age group - to keep healthy eating habits/diet plans. A MUST READ for anyone! I cannot state plenty of about the importance of everyone to get ahold of this book and read it cover to cover. I wish I possibly could have been informed to learn this ten plus years back (though it wasn't published but three years ago). I picked this up in my own local library when searching for heart treatment. Great book in keeping a wholesome heart Amazing book to have read, especially since the author is normally also my heart doctor. She gives the details and the in-your-face figures of why, plus they are compelling. In case you are over 50, please browse this and DO what she recommends! Fantastic information in a single place That is information powerhouse for heart health. This is from a Cardiologist who provides genuine data from medical analysis. It feels so motivating to get this kind of publication from a practicing doctor who has treated medical problems. The book covers in depth knowledge of diet, exercise and also latest best practices for heart health (and also brain health).. Her insurance coverage on Vitamins and products is exhaustive. Prevention is preferable to disease and this is actually the way to go. My hearty thanks to the author ! Awesome The book is an excellent synopsis of current medical knowledge linked to optimizing your cardiovascular health. It offers an unbiased overview of the medical evidence surrounding diet, cholesterol, workout, genetics and medical management of cardiovascular health. It provides an intensive description of commonly used tests, diets and remedies focusing on evidenced centered medical knowledge, and does a great job of separating reality from fad, specifically with diet plans and supplements. Excellent resource for anybody interested in heart health Well organized, super easy to read, and a great reference. I also loved the truth that the book included sections specifically for men and women.



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