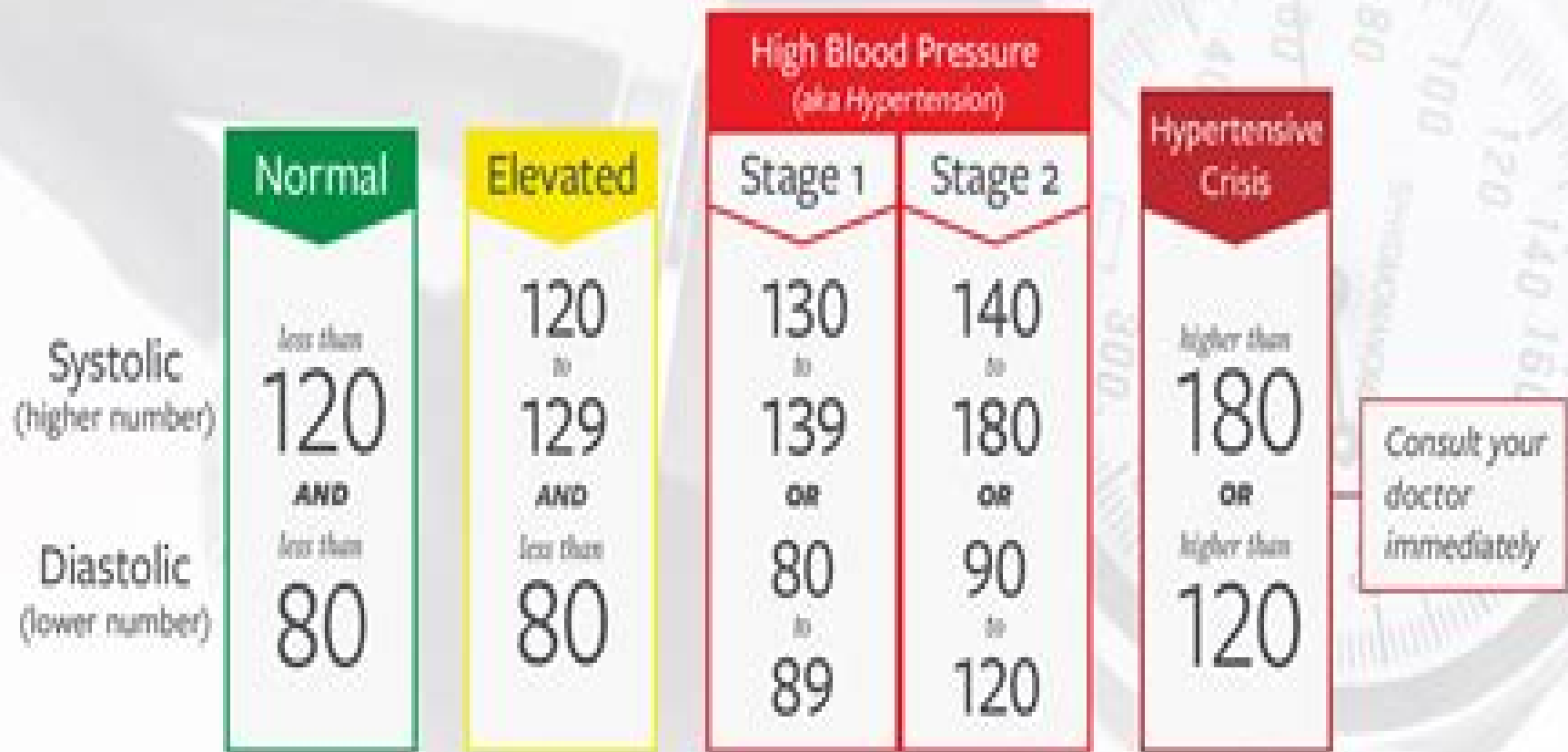


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Dawn Nicole and a beautiful granddaughter Breanna Octavia who reside in Bridgeport Connecticut *The NIH Record*, 1992 **Prevention**, 2008-11 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets [Best Practices for a Healthy Heart](#) Sarah Samaan, 2012-12-07 A cardiologist offers seven simple steps to reduce the risk of heart attack dementia stroke and other ailments It's all too easy to neglect our cardiovascular health until it's too late But even if you already have a cardiac diagnosis high cholesterol high blood pressure or a family history of heart disease there are things you can do to improve your odds for a long happy life Board certified cardiologist Dr Sarah Samaan has treated thousands of patients and tirelessly kept pace with the latest research and now she condenses her best advice into this guide for cardio care explaining how to Take charge of your numbers your weight cholesterol heart rate and blood pressure Make heart smart choices about food exercise and stress Work with your doctor to design the right treatment for you Tell which supplements and alternative therapies really make a difference Avoid vices that will harm your heart Put these best practices into action today and you can decrease your risk of disease and dependence on medication experience a wealth of positive side effects from a smaller waistline to a happier outlook and get closer to optimal heart health *Diet-step* Fred A. Stutman, 2003-01-22 A weight loss program with a woman's overall health in mind *100 Simple Things You Can Do to Prevent Alzheimer's and Age-Related Memory Loss* Jean Carper, 2010-09-20 The #1 New York Times bestselling author gives readers of all ages 100 doable strategies for keeping brains sharp and bodies healthy William Sears MD coauthor of *The Healthy Brain Book* Most people think there is little or nothing you can do to avoid Alzheimer's But scientists know this is no longer true In fact prominent researchers now say that our best and perhaps only hope of defeating Alzheimer's is to prevent it After bestselling author Jean Carper discovered that she had the major susceptibility gene for Alzheimer's she was determined to find all the latest scientific evidence on how to escape it She discovered 100 surprisingly simple scientifically tested ways to radically cut the odds of Alzheimer's memory decline and other forms of dementia Did you know that vitamin B 12 helps keep your brain from shrinking Apple juice mimics a common Alzheimer's drug Surfing the internet strengthens aging brain cells Ordinary infections and a popular anesthesia may trigger dementia Meditating spurs the growth of new neurons Exercise is like Miracle Gro for your brain Even a few preventive actions could dramatically change your future by postponing Alzheimer's so long that you eventually outlive it If you can delay the onset of Alzheimer's for five years you cut your odds of having it by half Postpone Alzheimer's for ten years and you'll most likely never live to see it 100 Simple Things You Can Do to Prevent Alzheimer's will change the way you look at Alzheimer's and provide exciting new answers from the frontiers of brain research to help keep you and your family free of this heartbreaking disease *The One Year Book of Healing* Reggie Anderson, 2016-09 This year experience deep healing and refreshment We're all sick and we're all hurting Whether it's a broken arm or a broken heart a chronic illness or wounds from our past the fact remains We are all in desperate need of God's healing In our pain it can be easy to believe God has

forgotten about us to believe that he doesn't even care Dr Reggie Anderson author of the acclaimed memoir *Appointments with Heaven* knows it can't be predicted how God's healing work will come to pass in our lives and hearts only that it will As a country doctor who has had remarkable experiences attending people in pain Reggie wants you to see what he sees every day that whatever your sickness whatever your hurt God is alive and active in your life He wants you to be truly well even if that looks different than you might expect Rich in story and inspiration *The One Year Book of Healing* will reveal the many ways our Savior heals and intervenes in the lives of the sick and the hurting giving you the faith hope and patience to believe that God can do the same in your life *Lower Blood Pressure Naturally*: Jonathan K. Hari, 2025-06-22 *Lower Blood Pressure Naturally* Holistic Strategies for a Healthier Heart Maintaining healthy blood pressure is essential for overall well-being yet millions struggle with hypertension without realizing the impact it has on their heart and longevity This book provides an all-natural science-backed approach to lowering blood pressure without relying solely on medication Inside This Book You'll Discover The Hidden Dangers of High Blood Pressure Superfoods for Lowering Blood Pressure The Role of Hydration in Blood Pressure Control Exercise and Movement Your Natural Medicine The Importance of Stress Management Quality Sleep for a Healthy Heart Herbal Remedies and Supplements This comprehensive guide delves into the root causes of hypertension offering practical easy-to-follow strategies that seamlessly integrate into daily life With insights on nutrition mindfulness and holistic remedies you'll gain the knowledge and tools needed to support a healthy heart naturally Whether you are looking to prevent hypertension or manage existing high blood pressure this book empowers you to take control of your health with lasting effective solutions Scroll Up and Grab Your Copy Today **The South Asian Health Solution** Ronesh Sinha, MD, 2014-01-03 *The South Asian Health Solution* is the first book to provide an ancestral health-based wellness plan culturally tailored for those of South Asian ancestry living in India the United States and across the world a population identified as being at the highest risk for heart disease diabetes obesity and related conditions Dr Ronesh Sinha an internal medicine specialist in California's Silicon Valley sees high-risk South Asian patients and runs education and wellness programs for corporate clients He has taken many South Asians out of the high-risk high-body mass category and helped them reverse disease risk factors without medications His comprehensive lifestyle modification approach has been validated by cutting-edge medical science and the real-life success stories he profiles throughout the book **Brain Health as You Age** Steven P. Simmons, William E. Mansbach, Jodi L. Lyons, 2018-11-08 Library Journal Starred Review Keep your brain healthy as you age by practicing proper maintenance and learning to identify problems as they arise Have you ever spent 10 minutes looking for your reading glasses and they were on the top of your head Or have you walked into a room and forgotten why you went there Most people even younger ones have had these experiences but when should such instances be something of concern What are the normal signs of aging Is there anything you can do to maintain your brain health as you age *Brain Health as You Age* provides useful achievable actions you can take to reduce your risk of brain function decline

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200 Surefire Ways to Eat Well and Feel Better Judith Rodriguez,Jenna Braddock,Kate Chang,Cathy Christie,Shahla Khan,Corrie Labyak,Jamisha Laster,Jackie Shank,Alexia Lewis,Jen Ross,Claudia Sealey-Potts,2014-09-15 A collection of common sense healthy choices in eating and lifestyle that you can make throughout the day

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