
HEALTHY HEART *Long Life*



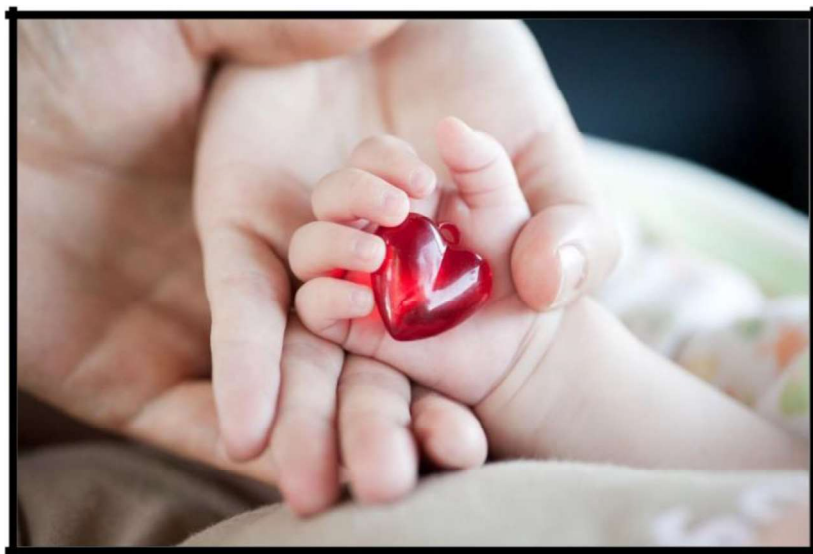
Unlocking The Secrets To Vitality

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Introduction

Heart attacks are one of the leading causes of death in America. With most of us suffering from various kinds of health conditions and adding a lot of extra stress to the heart through our lack of activity and poor eating habits, it is no wonder that many of us are just ticking time bombs before we are able to experience a heart attack ourselves.

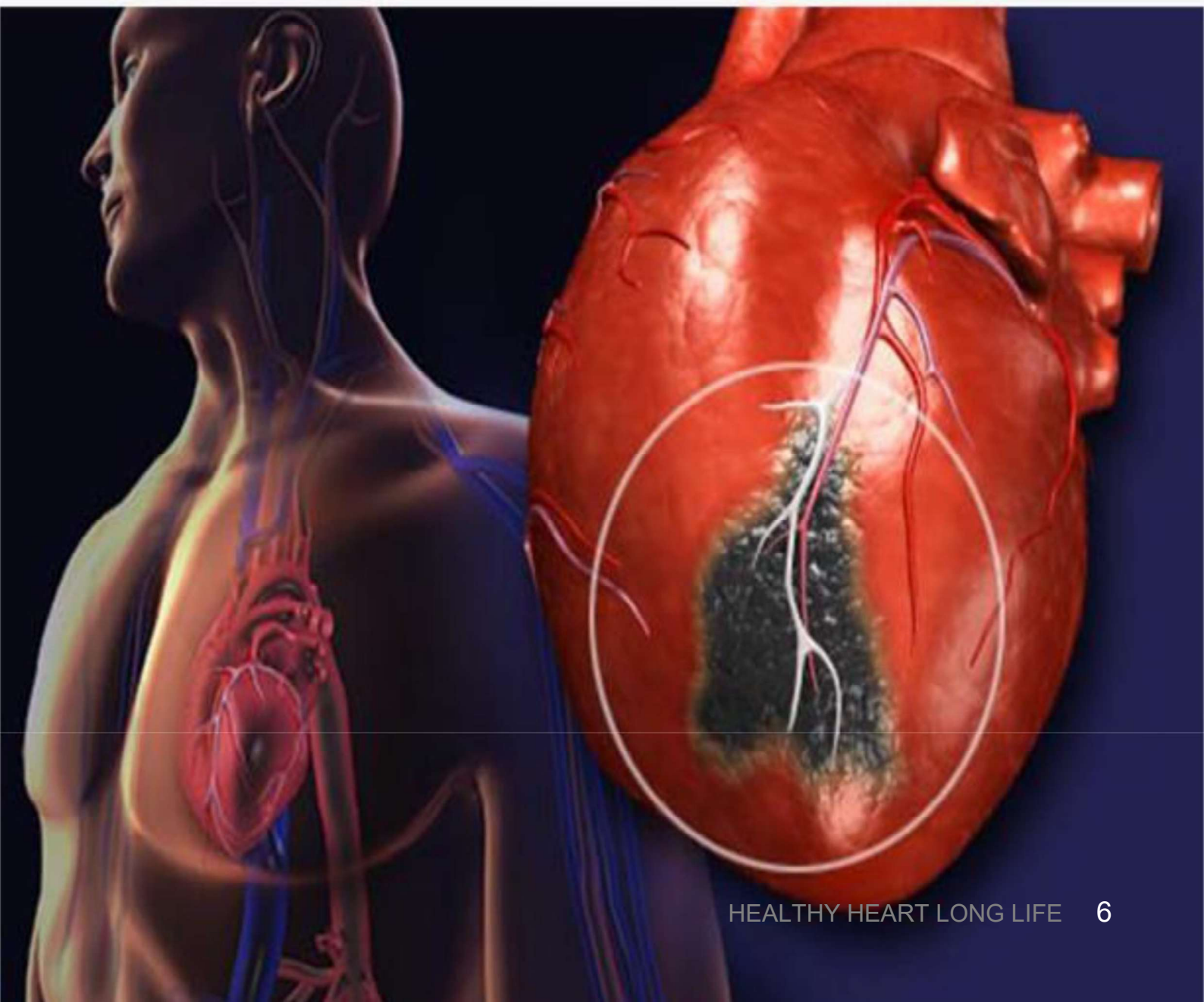


Mother Nature has taken hundreds of thousands of years of evolution to develop your heart along with the rest of your body.

Perfected by nature to become arguably the most important organ in your body. Your heart is a large muscle that pumps blood containing oxygen and other essential substances to all the organs and cells of the body. Not just that, it provides the means

CHAPTER 1

WHAT IS A HEART ATTACK



Part One

All about Heart Attacks

Chapter 1: What is a Heart Attack or Myocardial Infarction?

Heart attack occurs when there's death or necrosis of a segment of heart muscle due to the loss of blood supply. The blood supply is usually lost due to blocked coronary artery, one that provides blood to the heart muscle by blood clots. This condition is also known as coronary thrombosis.

When it happens, one will experience distressing symptoms such as chest pain and electrical instability of the myocardial tissues.



Heart disease is a very general term used to describe all the different disorders and diseases that can affect your heart and its operation. One of the most common causes is oxygen starvation; this is usually the result of a blockage in the arteries that carry the flow of oxygen-rich blood from the lungs to the heart. This condition can lead to heart damage and if left untreated, the damaged heart will