



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

*Sarah Samaan MD FACC*

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**Best Practices for a Healthy Heart: How to Stop Heart Disease Before or After It Starts** Sarah Samaan MD FACC

The heart beats more than 2,500,000,000 times over the average life—and, despite great strides in medicine, prevention is still the best way to keep your heart running strong. If you want to help your heart—and especially if you already have a cardiac diagnosis, high cholesterol, high blood pressure, or a family history of heart disease—*Best Practices for a Healthy Heart* is your complete guide to cardio care. For more than twenty years, award-winning, 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 7 easy steps on 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 help
- Avoid vices that will harm your heart—and much more!

Put these best practices in action today, and you will 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 soon be seven steps nearer to optimal heart health.

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Spent a free the perfect time to be fun activity to complete! A lot of people spent their free time with their family, or all their friends. Usually they performing activity like watching television, gonna beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could possibly be reading a book can be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the e-book untitled Best Practices for a Healthy Heart: How to Stop Heart Disease Before or After It Starts can be very good book to read. May be it may be best activity to you.

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