

# Her Healthy Heart

A Woman's  
Guide to  
Preventing  
and  
Reversing  
Heart  
Disease  
*Naturally*



**Linda Ojeda, Ph.D.**  
*Bestselling author of  
Menopause Without Medicine*

- ▶ Details little-known risk factors and symptoms unique to women
- ▶ Outlines food and supplement tips, and describes ways to reduce stress
- ▶ Offers a program that can be used independently or to complement hormone replacement therapy (HRT)

# **Her Healthy Heart A Womans Guide To Preventing And Reversing Heart Disease Naturally**

**Joan Gomez, M.D.**



## **Her Healthy Heart A Womans Guide To Preventing And Reversing Heart Disease Naturally:**

**Her Healthy Heart** Linda Ojeda, Ph.D.,1998-08-14 More women between the ages of 44 and 65 die of heart disease than from all types of cancer combined Her Healthy Heart provides detailed information on how women can reduce their risk of heart disease by making changes in diet increasing physical activity and managing stress *Her Healthy Heart* Linda Ojeda,1998 Describes the risk factors for heart disease recommends lifestyle and diet changes and discusses antioxidants B vitamins minerals and supplements **Working Mother** ,2000-05 The magazine that helps career moms balance their personal and professional lives **Recovering from Breast Surgery** Diana Stumm,1995 Addresses the physical problems of women following breast cancer surgery *Breast Cancer Basics and Beyond* Delthia Ricks,2005 Having breast cancer can be devastating for the woman affected and for her family and loved ones It can also be confusing because there are many variations of the disease and at least as many treatments By bringing together comprehensive information on the subject Breast Cancer Basics and Beyond helps women better understand their illness and participate in making decisions about all aspects of their treatment and care In this book award winning medical writer Delthia Ricks tells you all about common and rare types of breast cancer their causes and symptoms diagnosis including mammography and different kinds of biopsies treatment options including lumpectomy mastectomy chemotherapy radiation and hormone therapy benefits and side effects of the most commonly used drugs your risk factors including ethnicity genetics hormones and diet life after cancer follow up care and dealing with recurrence reasons for hope breast cancer research and treatments in development **Once a Month** Katharina Dalton,1999 Surveys show that 75 percent of women experience some aspect of PMS This new edition of Once a Month discusses the most common symptoms offers self help strategies and includes new information on the effects of PMS on osteoporosis *Macular Degeneration* Betty Wason,James J. McMillan,1998 This book is designed to help those with the progressive vision loss caused by macular degeneration The leading cause of blindness in people over 50 the disease is more common than cataracts and glaucoma combined Androgen Disorders in Women Theresa Cheung,1999 Explains the effects of male hormone imbalance in women infertility excess facial and body hair acne hair loss fatigue weight gain menstrual dysfunction ovarian cysts metabolic problems Cover *Writing from Within* Bernard Selling,1997-06 Telling one s life stories can be a voyage of self discovery freeing up images and thoughts that have long remained hidden Using the techniques of Writing From Within anyone can create vivid autobiographical stories and life narratives For everyone interested in writing this program enables them to explore their lives rediscover forgotten experiences and find out hidden truths about themselves their parents and their family histories **Menopause Without Medicine** Linda Ojeda,2003-08-26 This book is needed more than ever The National Institute of Health interrupted their huge HRT hormone replacement therapy study in July 2002 after they found that Prempro a combination of estrogen and progestin had detrimental health effects which include an increased risk for breast cancer heart disease and stroke This new edition examines the latest

information about HRT and the safer alternatives It completely validates the author's long held bias against HRT and shows women whether perimenopausal menopausal or postmenopausal how they can maintain and improve their health and well being without the use of synthetic hormones The book offers complete information on menopausal symptoms and effects and ways to alleviate them Updated sections cover heart disease including hormonal effects the role of cholesterol diet and supplements osteoporosis and breast cancer The section on exercise and nutrition for health and weight is completely rewritten The latest information on non hormonal remedies to balance hormones is what is needed by every woman wanting to avoid HRT

**Fad-Free Nutrition** Fredrick John Stare, Elizabeth M. Whelan, 1998 Explains how to recognize harmful fad diets why supplements aren't necessary and why the food guide pyramid is a healthy way to eat with information on the best books on nutrition

*Anemia in Women* Joan Gomez, M.D., 2002-10-14 Many women are unaware that they have anemia Its symptoms fatigue weakness shortness of breath headaches and poor concentration are often attributed to stress rather than iron deficiency Using case studies Joan Gomez discusses the prevention and treatment of anemia during childhood adolescence and menopause

The Medical Library Association Guide to Finding Out About Heart Disease Jeanette de Richmond, Terry Hoffman, 2013-10-10 Heart disease affects millions of people every year The MLA Guide to Finding Out About Heart Disease organizes and offers evaluated print and online resources to help readers develop a collection or research specific medical options incorporating important data and key concepts about risk factors and symptoms of heart disease

*Sudden Menopause* Debbie DeAngelo, 2001-07-17 This book provides answers for women not quite at midlife who undergo menopause brought on by a hysterectomy anorexia chemotherapy or a reaction to medication Topics covered include hot flashes emotional instability osteoporosis prevention and heart disease Each subject is addressed medically and holistically with a thorough description of coping options

*No Less a Woman* Deborah Hobler Kahane, 1995-09-27 Addresses the emotional and psychological issues that face women with breast cancer especially those who lose one of their breasts to the disease Covers femininity sexuality intimacy and more

**Treat Your Back Without Surgery** Stephen Hochschuler, Bob Reznik, 1998 From the authors of Back in Shape comes this powerful resource for preventing and treating back problems with exercise programs and natural treatments The authors discuss a range of non surgical techniques offered by healthcare practitioners from yoga and massage therapy to chiropractic treatment and acupuncture 30 illustrations

**A Woman's Guide to Living with Heart Disease** Carolyn Thomas, 2017-11-28 The daily challenges of living and coping with a chronic and progressive invisible illness Heart disease is the leading cause of death for women worldwide Yet most people are still unaware that heart disease is not just a man's problem Carolyn Thomas a heart attack survivor herself is on a mission to educate women about their heart health Based on her popular Heart Sisters blog which has attracted more than 10 million views from readers in 190 countries A Woman's Guide to Living with Heart Disease combines personal experience and medical knowledge to help women learn how to understand and manage a catastrophic diagnosis In A Woman's Guide to

Living with Heart Disease Thomas explains how to recognize the early signs of a heart attack why women often delay seeking treatment and how to overcome that impulse the link between pregnancy complications and future heart disease why so many women with heart disease are misdiagnosed and how to help yourself get an accurate diagnosis the importance of cardiac rehabilitation in lowering mortality risk what to expect during your recovery from a heart attack how the surreal process of coping with heart disease may affect your daily life methods for treating heart disease related depression without drugs Equal parts memoir about a misdiagnosed heart attack guide to the predictable stages of heart disease from grief to resilience and patient friendly translation of important science based findings on women s unique heart issues this book is an essential read Whether you re a freshly diagnosed patient a woman who s been living with heart disease for years or a practitioner who cares about women s health A Woman s Guide to Living with Heart Disease will help you feel less alone and advocate for better health care

*Like a Natural Woman* Ziba Kashef, 2001 Introduces alternative healing techniques including African folk remedies that can be used alone or in conjunction with conventional medical therapies to help African American women cope with common health problems

**The Publishers Weekly** ,2006      **Library Journal** ,2000

## **Her Healthy Heart A Womans Guide To Preventing And Reversing Heart Disease Naturally** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Her Healthy Heart A Womans Guide To Preventing And Reversing Heart Disease Naturally**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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