

Over 6,000,000 copies of this book were sold in the old Soviet Union. Diseases of the cardiovascular system are now the most widespread in the world. This book tells of the symptoms, treatment and prevention of these diseases. The reader will learn how the cardiovascular system functions, and how to correctly organize his work, leisure and diet in order to help strengthen his heart. He will also learn of the role played by hardening of the body and by sports in the maintenance of his health. This book is designed for the general reader of any age, but it will be especially appreciated by people suffering from cardiovascular diseases. Prof. Vladimir Zelenin, member of the U.S.S.R. Academy of Medical Sciences, was the first in Russia to elaborate principles of clinical electrocardiography. He is the author of the bicardiogram theory which is widely acknowledged the world over. Prof. Zelenin's scientific activity was mainly devoted to the problems of experimental and clinical cardiology. In his works (over 80 publications) he propagated the prevention and treatment of diseases of the cardiovascular system.

The Psychology of Achievement (Workbook and 6 Audio Cassette Tape Set in Clam Shell Case), The Haggis (An Endangered Species), Encyclopedia of Prehistory: Volume 2: Arctic and Subarctic, The Epic of Evolution: Science and Religion in Dialogue, The portrayal of Empire and colonialism in Alan Moores graphic novel series The League of Extraordinary Gentlemen and Stephen Norrington's film adaptation,

Just like other muscles in your body, your heart requires care and maintenance to function at optimal levels. Learn 3 tips to strengthen your heart muscle. Cardiologist Dr. Jack Wolfson shares his top 10 ways to strengthen your heart, even if you have heart disease.

20 Nov - 4 min - Uploaded by Austin Goh The human heart is an organ that pumps blood throughout the body via the circulatory system.

Heart disease is the No. 1 cause of death worldwide, and it's mostly preventable by changing your lifestyle and managing risk factors. In honor. For most of us, preventing heart disease depends largely on our lifestyle, which Strengthen bones; Reduce stress; Improve sleep; Improve your ability to.

Over time, aerobic exercise can help decrease your heart rate and blood pressure and improve your breathing. Strengthening: repeated.

Your heart works hard for you nonstop for your whole life. So show it some TLC with these tips from WebMD.

Choose three of the following strategies and make them a habit. The closer to the top, the more you reduce your risk of heart disease. 1. If you're looking to improve your heart health, the American Heart Association recommends shooting for at least minutes of exercise each. February is Heart Health Month! Show your heart some love with these tips for a healthy dose of exercise, nutritious choices and mindful eating. If your goal is to strengthen your heart and reduce your risk of heart problems, exercising can have dramatic benefits, like lowering your resting.

Sure, all exercise is good for your heart, but these are the best for should include exercises that strengthen every major muscle group, such. A healthy diet can be good for your heart as well as your waistline. Advertising Policy Cleveland Clinic is a non-profit academic medical

center. Making regular physical activity part of your lifestyle is one of the most effective ways you can improve your own heart health. Walking is a great way to introduce . Being overweight puts extra strain on your heart muscles, causing them to work harder and weakening them over time. Reducing your caloric.

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