

HEART ATTACKS AND STROKES

If you have heart disease or high blood pressure and are concerned of getting a heart attack or stroke. Please read this carefully.

Before a heart attack or stroke, the body will display specific symptoms. Please be aware if you have one or more of the cardinal warning signs:

1. Constant inability to sleep for over 3 months for no apparent reason is a predicting symptom of a heart attack or stroke
2. An irregular bowel movement. At times constipation, other times diarrhea. This is a strong warning sign of a heart attack or stroke.
3. Tingling, numbness in the fingertips and toes generally means a stroke or heart attack will occur in 3 months.
4. Chronic fatigue and the desire to sleep all the time. The feeling of fatigue even when one has slept through the night.
5. Occasional chest pains for no apparent reason. A heartburn type pain. Sometimes worse in the evening hours.

If an individual experience the symptoms listed above even after taking modern medical drugs, the risk of a heart attack/stroke will be *greater* than without the drugs. A physician who can cure the symptoms above can prevent a heart attack or stroke. Every individual who has experienced a heart attack/stroke has had the cardinal symptoms. As a patient, trust yourself and pay attention to your symptoms. As a patient, trust yourself and pay attention to your symptoms. Also, regulate your diet to follow these guidelines:

1. Take foods such as shellfish, fried foods, sweets, chocolate, alcohol, and egg yolk in moderation. Cigarettes should be avoided as well.
2. Keep the mind tranquil. Free your mind from worries. Avoid arguments and anger. Maintain a sense of humor.
3. Many modern drugs cause heart damage. Check with your doctor before taking any.