

Whole Heart Solution by Cardiologist Joel Kahn, MD

Movement and fitness is Doctor Kahn's number one
Standing desk or on a treadmill but you need not run
Walking briskly 30 to 40 minutes each day if time permits
If not, step 2, might have to be eight minutes of H. I. T. s
High Intensity Training 3 x a week with intervals for recovery
Was as good as 50 minutes of moderate cardio a discovery
By the "Million Women Study" of the National Institute of Health
It can be done by women and men who lack spare time wealth.

Food as medicine is step three and from toxic processed ones be free
Garlic lowers blood pressure and turmeric lowers inflammation you see
Golden milk from turmeric, cinnamon and almond milk helps you sleep
Rosemary aids both the brain and body so in health they go very deep
Step Four is to get rid of expired spices and replace with organic ones
Step 5. is to "fall in love" with fruits and veggies, especially green ones

Step 6. Fill half the plate with fruit or veggies or eat a plant-based diet
May be hard at start but the benefits are worth effort, so you can try it
Also it is wise to eat real foods and to limit intake of salt and sugar, you see
As well as, animal fats, which can "turn off cancer genes," Dean Ornish, MD
Also said heart disease was reversed and prostate cancers shrunk as well
Diabetes, M.S, high blood pressure, and obese people got better, he did tell.

Step 7. Is managing stress that can decrease heart disease up to 50 percent
According to a study of 400 done at the University of Wisconsin recently
Doctor Kahn suggests inhale for 4, hold for 7, and exhale for 8 consistently
Four times breathe in nose and out the mouth and try a nice Lavender scent
To sleep better, as well, as the 10, 3,2,1 Sleep Basics in his Step Number 8.
No caffeine 10 hours before bedtime, or eating 3 hours, 2 no exercising late
And 1 hour before bedtime there are no electronic gadgets on before bedtime
Also on nightstand have eye mask, white noise machine, for sleep sublime.

Step 9. Herbs to manage sever stress are ashwagandha to keep cortisol down
Rhodofa and L-theanine improves concentration, vitality, & mood-less frown
Step 10. Doctor Kahn wants us elders to get a coronary artery calcium scan
That can detect serious problems of heart disease for both woman and man
It costs about a hundred dollars and takes about a minute to have it done
But can be a life-saver that will let you have many more years of life and fun.

Copyright 2016 Robert Leo Plucinsky, MS, Health Education