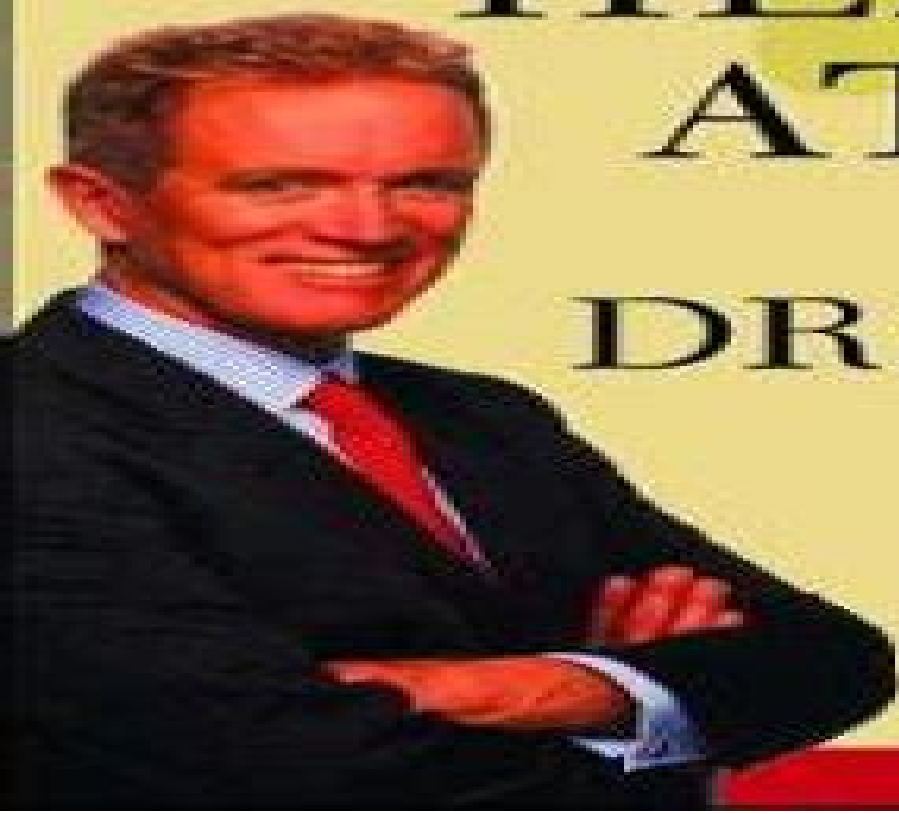


# SEVEN STEPS *to* STOP *a* HEART ATTACK

*by*  
DR. BOB  
ARNOT

Bestselling author of  
*The Breast Cancer Prevention Diet*  
and *Wear your Tears*



# Seven Steps To Stop A Heart Attack

**Gary Yanker, Kathy Burton**



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Seven Steps to Stop a Heart Attack Dr. Bob Arnot, 2005-01-03 A definitive guide to the latest tactics for avoiding heart disease and a heart attack from a trusted physician and bestselling author Dr Bob Arnot offers cutting edge advice on a subject at the forefront of the nation's health consciousness heart health When Dr Arnot's father himself a distinguished doctor died of a massive heart attack a year ago it came as a horrible shock A heart attack can happen to anyone but upon further investigation Dr Arnot came to the realization that his father's death might have been preventable The tragedy inspired Dr Arnot to write this book exploring all the very latest advances in medical science many of which have occurred in the last year and developing steps that can help people avoid his father's fate Dr Bob discusses how to Know the warning signs Determine your risk Get the right diagnosis Get the right medications Get the right procedures Based on extensive discussions with renowned experts in the field of cardiology who are quoted extensively *Seven Steps to Stop a Heart Attack* covers all the risks symptoms procedures and medications in prose that is clear concise and easy to follow For a country in which half a million people die each year from heart attacks this is a work of profound importance for the general public and physicians alike

**Seven Steps to Stop a Heart Attack** Robert Burns Arnot, 2006-01-02 Shares advice on the risk factors symptoms treatment and prevention of heart disease *Library Journal* Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2006 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately VENTRON'S SEVEN STEPS TO SUCCESS, 1968 **Cassette Books** Library of Congress. National Library Service for the Blind and Physically Handicapped, 2006 **7 Steps to Heart and Lung Fitness** Richard Rylander Blide, 1978 *The Leadership Equation* Lee Barr, Norma Barr, 1989 Leadership management and the Myers Briggs test Natural Remedies for a Healthy Heart David Heber, David Heber, M.D., Ph.D., 1998-12 Here are strategies for reducing dietary fat exercises for reducing stress and strengthening the heart and information on the proven natural therapies

**How To Land Her Lawman (The Bachelors of Blackwater Lake, Book 7) (Mills & Boon Cherish)** Teresa Southwick, 2016-04-01 How to seduce a sheriff **52 Ways to Prevent Heart Disease** Terry T. Shintani, Janice M. T. Miller, 1993 **Medical-surgical Nursing Care Planning Guides** Susan Puderbaugh Ulrich, Suzanne Weyland Canale, Sharon Andrea Wendell, 1994 **How to Protect Your Heart from Your Doctor** Howard H. Wayne, 1994 Dr Wayne's career long quest for an early warning system for heart disease has been supported in part by a grant from the American Heart Association He was able to develop procedures which uncovered heart disease long before traditional examination methods would have In the early 70's he wrote the first textbook on noninvasive cardiology Walking Medicine Gary Yanker, Kathy Burton, 1990 Recommends the health benefits of walking describes walking programs for people of different ages and different health concerns and discusses shoes and foot problems *British Medical Journal*

,1897 Bulletin of the Medical Library Association Medical Library Association,1967 **Boston Medical and Surgical Journal** ,1889 *American Red Cross First Aid* American Red Cross,2005 *Anatomy, Physiology, Hygiene* California. State Board of Education,1891 **Women's Health and Wellness 2005** Oxmoor House,2004-11 Like prize winning roses health doesn't just happen it has to be cultivated Fourth in an award winning series Women's Health Wellness offers new and practical solutions to health issues that affect women of all ages From the editors of Health magazine it tracks breakthroughs in both standard medicine and alternative care and provides a wealth of information to inspire healthy lifestyles Conveniently organized chapters cover food fitness relationships stress and a holistic approach to aging Women's Health Wellness is the most authoritative trustworthy resource available today for women who want to look and feel their very very best And that's the greatest gift any woman can get or give **Lists to Live by** ,2000-11-22 Presents a collection of two hundred lists that offer practical advice and wisdom on a number of topics such as home and family marriage love friendship and values

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