

My Sudden Heart Attack How I Recovered and Restored My Health Through Weight Loss and Exercise



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(Mr. Chadd Bashirian V)*

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Lulu.com. Paperback. Condition: New. 62 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Becoming overweight, abandoning aerobic exercise, allowing type two diabetes onset and living an unhealthy lifestyle when passing middle age can put you at great risk for a heart attack, even if you are an active person. I had one that came out of the blue. You don't need an artery clogging disease to have a plaque rupture happen to you like it did me. It's a sudden, life-threatening event; there are no immediate warning signs for, until it happens. This is my story about how my unhealthy lifestyle led to a heart attack and why I should have known better. There are general warning signs that will tell you there's a risk and it could happen to you. This is also the story of what I did to completely recover while making sure this is not going to happen again. If you just control your weight and do a regular workout that includes aerobic exercise, the chances of this happening to you will be greatly reduced. Read my story and see if my, before, sounds like you. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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