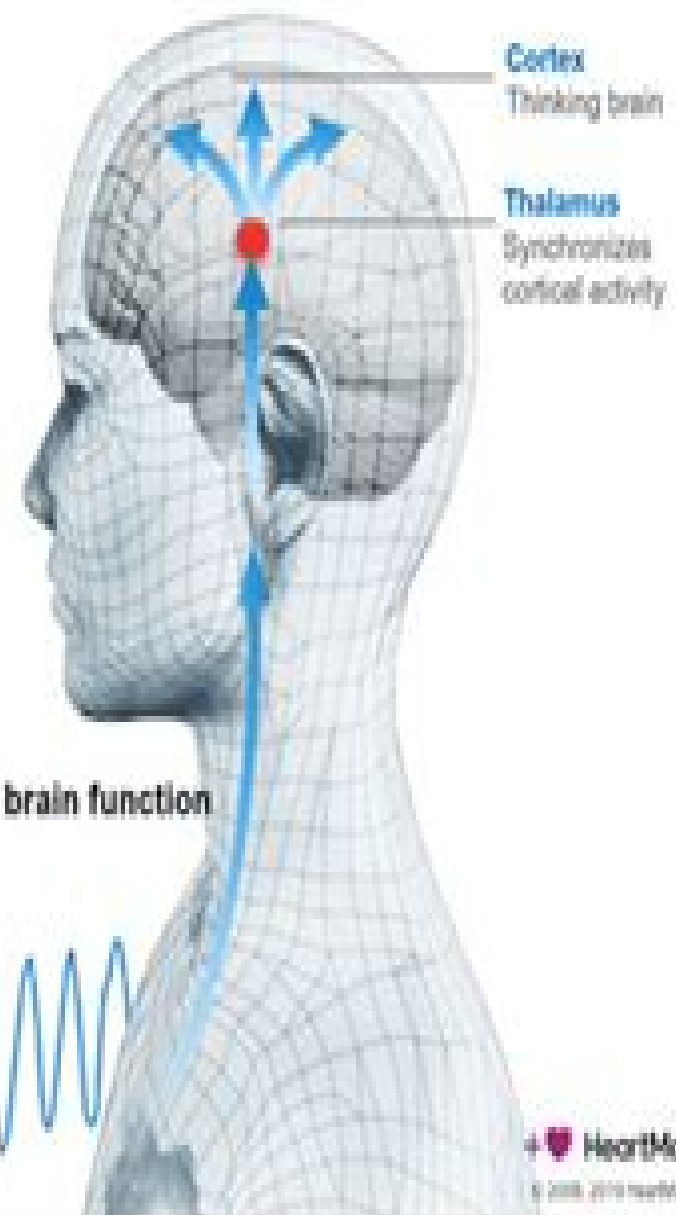


Heart Rhythms

Affect Physical and Mental Performance

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Incoherence inhibits brain function

Coherence facilitates brain function



Affects The Body Heartmath

Debby Throckmorton



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researching natural therapies Case studies illustrate specific points and provide clinical applications for added context Sidebars and in text boxes feature supplementary brief background and observations in addition to covering specific topics in detail and to help introduce complex and challenging topics Psychometric Evaluation interactive appendix aids in matching each patient to the right individualized specific remedies Suggested readings and references for each chapter provide great resources for further research The Great Cholesterol Myth, Revised and Expanded Jonny Bowden, Stephen T.

Sinatra, 2020-08-04 The best selling book on heart disease updated with the latest research and clinical findings on high fat ketogenic diets sugar genetics and other factors Heart disease is the 1 killer However traditional heart disease protocols with their emphasis on lowering cholesterol have it all wrong Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it such as ineffective low fat high carb diets and serious side effect causing statin drugs obscure the real causes of heart disease Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the 31 billion a year cholesterol lowering drug industry The Great Cholesterol Myth reveals the real culprits of heart disease including inflammation fibrinogen triglycerides homocysteine belly fat triglyceride to HDL ratios and high glycemic levels Best selling health authors Jonny Bowden PhD and Stephen Sinatra MD give readers a four part strategy based on the latest studies and clinical findings for effectively preventing managing and reversing heart disease focusing on diet exercise supplements and stress and anger management Myths vs Facts Myth High cholesterol is the cause of heart disease Fact Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease Myth Saturated fat is dangerous Fact Saturated fats are not dangerous The killer fats are the trans fats from partially hydrogenated oils Myth The higher the cholesterol the shorter the lifespan Fact Higher cholesterol protects you from gastrointestinal disease pulmonary disease and hemorrhagic stroke Myth High cholesterol is a predictor of heart attack Fact There is no correlation between cholesterol and heart attacks Myth Lowering cholesterol with statin drugs will prolong your life Fact There is no data to show that statins have a significant impact on longevity Myth Statin drugs are safe Fact Statin drugs can be extremely toxic including causing death Myth Statin drugs are useful in men women and the elderly Fact Statin drugs do the best job in middle aged men with coronary disease Myth Statin drugs are useful in middle aged men with coronary artery disease because of its impact on cholesterol Fact Statin drugs reduce inflammation and improve blood viscosity thinning blood Statins are extremely helpful in men with low HDL and coronary artery disease *Stress-related Disorders Sourcebook* Joyce Brennfleck Shannon, 2002 Basic Consumer Health Information about Stress and Stress Related Disorders Including Stress Origins and Signals Environmental Stress at Work and Home Mental and Emotional Stress Associated with Depression Post Traumatic Stress Disorder Panic Disorder Suicide and the Physical Effects of Stress on the Cardiovascular Immune and Nervous Systems Along with Stress Management Techniques a Glossary and a Listing of Additional Resources **Clinical**

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more plus anatomy and physiology animations that demonstrate concepts from the book Page 4 of cover Vegetarian Times ,1998 **The Handbook of Rife Frequency Healing** Nina Silver,2001 **Workforce Management** ,2008

Spirit Dances Melaney Sreenan,2004-08 In her book Spirit Dances the Best of Life a 9 Step Plan to Design and Achieve the Life of Your Dreams Dr Sreenan combines professional expertise and a wealth of profound testimony and experience to provide powerful insight inspiration creativity and energy By reading her book you will be led through a proven process of untapping your potential improving your well being clarifying your values and creating positive pathways for your life This unique and dynamic book endorsed by Debbie Ford New York Times Best Selling Author takes the reader on a personal journey of self discovery Each chapter of this nine step program is complete with Dr Sreenan s personal secrets journey Fieldplay Daily Play Meditations and Resources Her book helps individuals to use the wisdom of silence to guide them to health and well being enhanced relationships and achieve the life of their dreams As an internationally recognized speaker author coach and leader in her field Dr Sreenan is often called upon as an expert for her innovative work in leading clients to a deeper level of self discovery and life altering change She has been featured nationally in news papers magazines and on radio talk shows She is an Adjunct Professor at national colleges the Co Founder of Sreenan Human Resources the Co Founder of The Bethany Center for Grieving Children and Founder of Spirit Unlimited As a corporate and life coach Dr Sreenan offers leading edge psychological services high performance coaching emotional intelligence training personal profiling leadership development success mapping and facilitated outdoor experiential work Dr Sreenan left a thriving private practice in Florida in 1997 to lead the life of her dreams in the mountains of Colorado where she continues her professional work and pursues her many passions Business 2.0 ,2000-07 **The Chemistry of Success** Susan M. Lark,James A. Richards (M.B.A.),2000 The authors discuss eight traits of vibrant people and the six basic physiological functions crucial to restoring and maintaining these traits *The Journal of Alternative and Complementary Medicine* ,2008

Wellness Brent Q. Hafen,Werner W. K. Hoeger,1997-08 Whenever students pick up a newsletter on wellness they read health articles in magazines or watch current health documentaries on television they often see the mind body connection discussed As we move into the 21st century there is a real trend toward healing and staying well through behaviors Anger hostility stress loneliness and self esteem are just a few of the things that affect health This text is ideal for professors who discuss any of these concepts with their students This text covers the mind body connection and self responsibility

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