

So how do we know if we are having a heart attack?

Signs of a Heart Attack

The main common symptoms of a heart attack are:

- * Moderate to severe chest pains or discomfort or pressure on chest
- * Pain in left arm (or elbow), upper back or stomach
- * Pain in jaw or teeth
- * Cold sweats
- * Breathlessness
- * Nausea or vomiting
- * Light headed or faint
- * Extreme fatigue

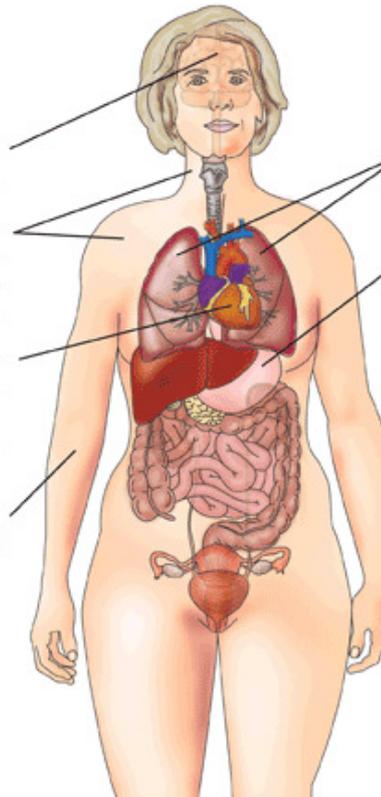
NB Women are more likely to suffer from the nausea and vomiting but less likely to suffer the chest pains.

Head
Lightheadedness

Arm(s), Back, Jaw, Neck, Between Shoulders
Pain, discomfort, numbness

Chest
Pain, pressure, fullness, or squeezing (lasts more than a few minutes or comes and goes)

Skin
Cold sweat



Lungs
Trouble breathing (shortness of breath)

Stomach
Upset stomach, urge to throw up

Other Signs
In addition, some women may feel very tired, sometimes for days or weeks before a heart attack occurs. Women may also have heartburn, a cough, heart flutters, or lose their appetite.

If any of the above symptoms persist for more than a few minutes traditional advice is to chew and swallow 300 mg of aspirin tablet and **call 0 0 0 immediately**.

Aspirin is to begin to stop the clotting of blood in an artery or dissolve any blood clots that have already formed.

Cardiologists stress the **importance of taking immediate action** if any of the above symptoms should appear and **not to wait** to see if you feel better after half an hour, or to consider it to be just a mild illness that will pass. **Do not attempt to drive to the hospital yourself.** An ambulance can monitor and treat your condition on route and inform the hospital. **The first 60 minutes can be critical.**

EMERGENCY CARE while waiting for ambulance

1. Try Aspirin
2. Try Cayenne pepper tea
3. Try magnesium
4. Try apple or lemon juice (for potassium)
5. Try chromium and biotin with fruit juice if available

Your heart is the hardest working muscle in your body. It beats 100,000 times each day - that is 37 million/year It pumps 1,900 gallons of blood every 24 hours. It never gets even a minute of rest!

Heart disease is the No 1 cause of death.

Maybe a bit more care **BEFORE** a heart attack would be a very good idea. (see next page)

BEETROOT JUICE

Rich in nitrates that expand blood vessels, prevent clots, lowers blood pressure. Also in juice of carrots, cabbage, celery, radish, kale. **Ref: Heart Health 22 April 2013**

This may be worth remembering -

From the healing text of Dr John Christopher:

"In 35 years of practice, and working with people and teaching, I have **never on house calls lost one heart attack patient** and the reason is, whenever I go in - if they are still breathing - I pour down them a cup of cayenne tea (**a teaspoon of cayenne in a cup of warm water**), and within minutes they are up and around."

http://www.naturalnews.com/026869_cayenne_pepper_health.

University of Cincinnati (UC) scientists, Dr Keith Jones (cell biophysics) and his research team, have found that capsaicin, the main component of cayenne, may literally stop a heart attack in its tracks when applied topically.

"Topical capsaicin has no known serious adverse effects and could be easily applied in an ambulance or emergency room setting well in advance of coronary tissue death. If proven effective, this therapy has the potential to reduce injury and/or death in the event of a coronary blockage, thereby reducing the extent and consequences of heart attack."

Cayenne Pepper properties

1. Removes plaque in arteries, cleaning them
2. Increases body temperature and thins the blood
3. Removes toxins and rebuilds blood cells
4. Normalises blood pressure by reducing atherosclerosis
5. Lowers LDL cholesterol
6. Kills cancer cells by apoptosis (self-destruct)