

The heart is responsible for pumping blood to other body organs. It is a very distinguished muscle that has to continue working forever.

The heart consists of two sides: the right side and the left one, each side has two rooms; the small one called Atriums and the bigger one called ventricles and separates them a barrier of muscles.

Using two large veins, the blood flows from all over the body to the right Atrium and then pumped into the right Ventricle. The right Ventricle pump the blood into the lungs and there the blood gets filled with Oxygen, then the blood goes from lungs to the left Atrium and then goes to the left Ventricle which pump the blood back to the rest of the body through the Aorta artery.

The heart beats spontaneously and in coherence as there are special cells in the Atriums that generate the electrical current.

Superior,  
Vena Cava <sup>TM</sup>..]

Tricuspid  
Valve

<sup>TM</sup>Pericardium

Food you should avoid:

1.Food with too much salt (pickles, black olive, chips, Fesikh/salted fish, sardines and Processed meat like pastrami, meat-luncheon, hamburger and sausage)

2.Reducing the use of salt in cooking and instead use the lemon juice.

3.Sauces and over-cooked fatty vegetables.

4.Preservatives like canned food and Maggi Broth.

5.Avoid eating sweets, chocolates, fat-filled cakes and gateau

6.Foods that raises the cholesterol level in blood like full-fat dairy - butter - cream

A low-salt Diet  
Breakfast

. Teacup + % cup of skimmed milk (low-fat milk)  
.A piece of non-salty cheese.

. Two spoons of beans soaked in corn oil + lemon.  
.A honey or jam.

. 2 Kaiser Roll and quarter or half loaf of local bread.

-A piece of fruit.

Lunch

Low fat soup and without salt + lemon