The Power of a Healthy Lifestyle

Sometimes, your lifestyle can be the single most powerful factor in dealing with heart disease.

Keeping this in mind:

How can I change my lifestyle to prevent heart disease?

Know the early warning signs and symptoms, and adopting a lifestyle that avoids chronic stress, stops smoking and avoids second hand smoke, that reduces body fat, and eliminates poor and fatty diets.

How do I change my lifestyle to reverse heart disease?

In general, heart disease may be reversed by eliminating modifiable risk factors, following your doctors prescriptions, and proper diet and exercise. For example, heart disease may be reversed by adopting a lifestyle that avoids chronic stress, stops smoking and avoids second hand smoke, that reduces body fat, and eliminates poor and fatty diets. For non-modifiable risk factors (such as age, and genetic and family heritage factors), prevention and vigilance is the key. Knowing your disease and the early warning signs and symptoms helps to get treatment quickly and slows the progress of the disease.