

Heart Care for Holistic Health

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Abstrak

A longer lifespan, the breakneck tempo of life with its high-stress levels, the debilitating effects of pollution, a lackadaisical attitude towards healthy lifestyle habits - all take their toll on health. The heart that beats 60-80 times per minute in an adult, is the prime candidate among the body's organs to take the flak. Conversely, if every effort is made to keep the heart pumping smoothly, good health is an obvious reward. Heart Care for Holistic Health bridges the gap between preventive heart care and treatment through drugs, devices and surgery. It shares with the reader the single most effective way of keeping heart troubles at bay - by correcting one's lifestyle. While updating the lay person on the latest in heart-care technology, hypertension and old-age related issues, it also answers commonly asked questions with a definite focus on practical self-management.