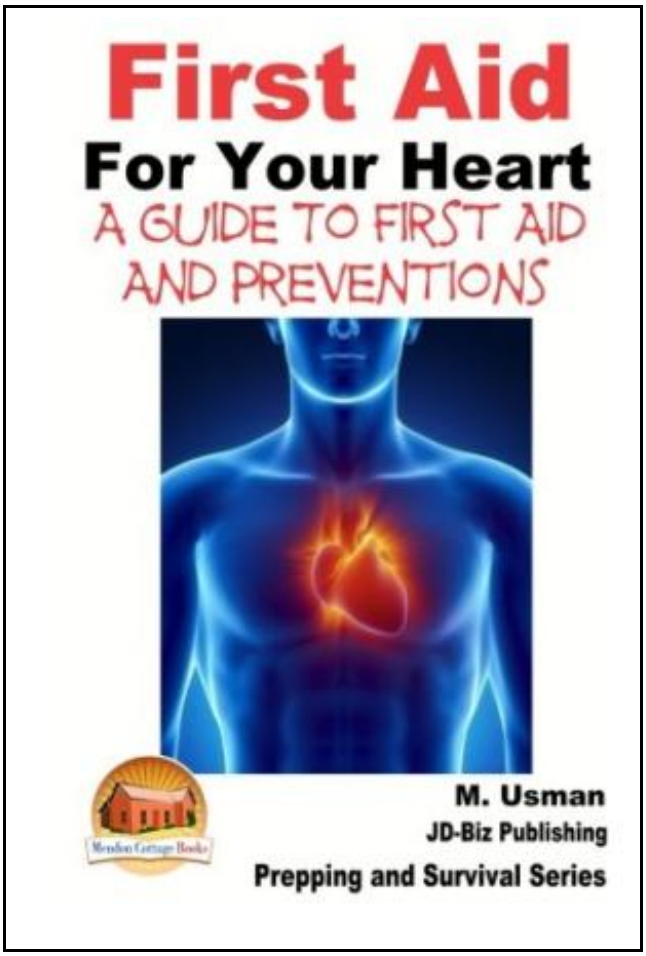
First Aid for Your Heart - A Guide to First Aid and Preventions (Paperback)



Filesize: 6.06 MB

Reviews

This pdf is great. It really is rally intriguing throgh studying time period. I am just quickly could possibly get a satisfaction of reading a written pdf.
(Roosevelt Braun)

FIRST AID FOR YOUR HEART - A GUIDE TO FIRST AID AND PREVENTIONS (PAPERBACK)

DOWNLOAD

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.First Aid ForYour Heart - A Guide To First Aid And Preventions Table of Contents Preface 1.Introduction 2.Understanding the problem 3.Heart arrhythmia 3.1 Causes of heart arrhythmia 3.2 Symptoms of Arrhythmias The symptoms of arrhythmia are not too clear and sometimes your doctor may suspect arrhythmia before it even begins through your routine medical checkups. However the symptoms arrhythmia does indicate are as follows. 3.3 First aid for arrhythmia 4.Angina 4.1 Symptoms 4.2 First aid 5.Bradycardia 5.1 Symptoms 5.2 Conventional treatment 6.Heart attack 6.1 Symptoms of a heart attack 6.2 What do you do in the scenario of a heart attack? 7.1 How to perform a CPR (cardiopulmonary resuscitation) 7.2 Post heart attack, precautions for life 7.3 Factors you need to start reducing immediately 8. Starting off healthy 9.Keeping a healthy heart 10. Conclusion 11.References Preface Your heart is the most important organ of your body. Its functionality gives us blood and oxygen, without which, no other organs can survive. Life knows no other means if your heart gives way. When we realize the vital importance of this organ we should also recognize our duties to keep it healthy and functioning perfectly. Yes, sometimes nature cannot be combated with, but self induced harshness on this asset of the body is our loss indeed. Heart conditions, once deteriorated, require continuous precautions for the rest of the life with the fear of another attack dangling dangerously above your head. So we will tell you the better way, the precautions we can take up earlier in our lives to keep this tragic event at bay. This book is about you recognizing what your heart is and provides you with knowledge of...

Read First Aid for Your Heart - A Guide to First Aid and Preventions (Paperback) Online
Download PDF First Aid for Your Heart - A Guide to First Aid and Preventions (Paperback)

See Also

The Clever Detective Boxed Set (a Fairy Tale Romance): Stories 1, 2 and 3 (Paperback)

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.After six years as a private investigator, Stacey Alexander has the strangest day...

Download ePub »

No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

Download ePub »

Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and...

Download ePub »

Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

Download ePub »

31 Moralistic Motivational Bedtime Short Stories for Kids: 1 Story Daily on Bedtime for 30 Days Which Are Full of Morals, Motivations Inspirations (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Reading to children is a wonderful activity and past time that both parents...

Download ePub »