

**Recognizing Side-effects of Cholesterol as  
well as High Blood Pressure Medication  
and Blood Thinners**

**Stop Stroke & Heart Attacks Before They  
STOP YOU!**

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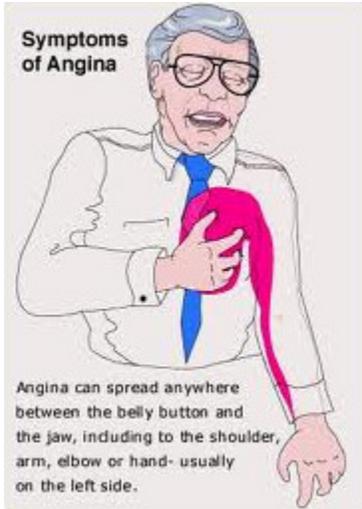
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**Introduction:**



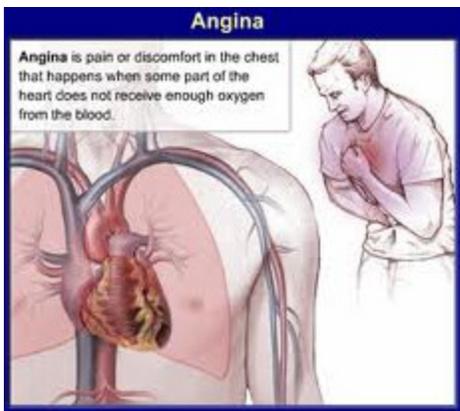
Angina is a severe chest pain that is felt to people because of ischemia. Ischemia is the condition of the body in which there is a lack of oxygen to the muscles of the heart. This condition is generally arrived because of impediments or cramp to the coronary arteries.

The coronary arteries are the hearts blood vessels which pump blood to and fro from the heart to the rest of the body. The main reason behind coronary artery diseases is due to atherosclerosis, which are basically fatty deposits within these arteries.

The term is derived from three main sources; angina, Latin which means “throat infections”; *ἄγχονη ankhone*, Greek which means “choking” and pectus Latin, which means “chest”. Which ultimately can be rephrased as “a strangling feeling in the chest”?

Pain in the chest and scarcity of oxygen has little or no relationship to the heart muscle. This means that when a heart attack occurs it can with or without pain depending on its severity. A huge number of people are mistaken with this myth and the reason that it is so is because many movies have dramatized it as so.

If you remember in a movie you will see the person clutching his chest falling backwards and then going off into a coma. There is a fair bit of truth to that reality and that is yes heart attacks do happen all of a sudden but it may or may happen with the dramatization effects. In fact in more times than one you will note that it is often done so silently that even the person being affected is left unknown till the symptoms actually start to worsen. In fact most people who have suffered attacks have reached medical attention much later and its there that they have known that they have suffered an attack.



Aggravating angina attacks or Crescendo attacks are sudden onset angina at rest. The symptoms of these usually occur for about fifteen minutes and is more often called “*unstable angina*”, and its symptoms are less similar to the conditions known as “acute coronary syndrome”.

Since these conditions are serious in nature and may mark the beginning of heart attacks, it calls for serious medical attention and should be treated as a case for a presumed heart attack.

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The symptoms of Angina and Heart Attacks are also very closely defined in fact it's the same symptoms the only way to know what exactly you are suffering from is best to have yourself checked out by a doctor and get a medical decision on yourself. Sometimes although the symptoms may look like normal what happens underneath is a very different story.

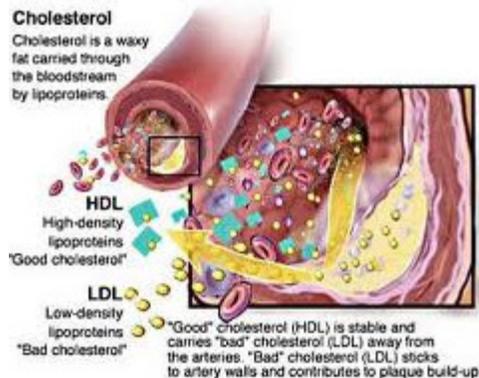
So what we would like you to do is read this article and it may save your life or it may help you to save someone else's. Although we do know that articles like these are boring but trust us you may want to read to know who America's deadliest killer is and why is it so much more important for America to focus more on this than the war on Iraq.

According to the statistics we have about a million Americans dying because of this disease on a yearly basis. The reason has been simple because not much intelligence reports were made available. You need to know that the reason why we are adding all this in is to enforce the idea that Angina and Heart Diseases are on the rise and America seriously needs to look into it. The articles here will tell you all about Angina and its causes how one can prevent it and if one have it what can one do about it.

### **STABLE ANGINA**

This is a condition in which the common understandings of heart attacks or myocardial ischemia takes place. The symptoms of this condition can be accounted to discomfort in the chest and further symptoms brought down by activities such as walking or running etc. The symptoms would usually cease down a few minutes after the activity has been stopped and would resume again to its level once the activity is resumed. Stable Angina is normally thought of as being like the conditions related to "*claudication symptoms*"

### **UNSTABLE ANGINA**



Unlike stable angina where conditions are more or less controlled; UA or unstable angina is a condition in which the symptoms are worsened with time. In order to differentiate between the two UA has three distinctions and a person needs to be in at least one of these conditions to qualify for the same.

1. With minimal activity or exertion the symptoms occur which usually lasts for more than ten minutes.
2. The symptoms are more severe than the previous weeks (1-6) and
3. The occurrence of the patterns has a crescendo effect which turns to be more severe or becomes more frequent than was previously before felt.

They have been cases in which it is known that angina attacks have happened when people are resting. These symptoms and conditions could also lead to an impending attack, and medical aid should be consulted immediately. Differentiation between unstable angina and stable angina other than the symptoms is the pathophysiology of the atherosclerosis. The symptom process starts with fatty deposits developing within the arteries and thus leading to active plaque when it is inflamed.

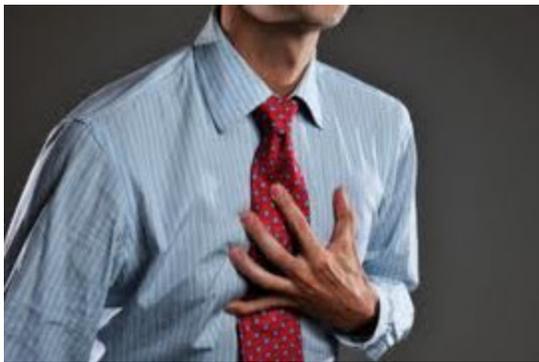
Stable Angina however, starts with the development of an atheroma, which is protected with fibrous cap. The cap in most cases burst open in unstable angina conditions and leads to blood clots and further weakening the lumen of the coronary vessels. This singular activity is the explanation as to why unstable anginas appear to be an independent activity.

## **MICROVASCULAR ANGINA**

Microvascular Angina or as it is more commonly known as Angina Syndrome X is marked with symptoms such as chest pains but their causes are different. Why this happens is relatively unknown but according to statistics the reasons are due to poor operations of the tiny blood vessels flowing in the areas of the arms, legs and heart. Since this disease is not marked with symptoms of blockages in the arteries; it becomes harder for one to diagnosis this; but if detected the predictions are excellent.

## **SIGNS AND SYMPTOMS**

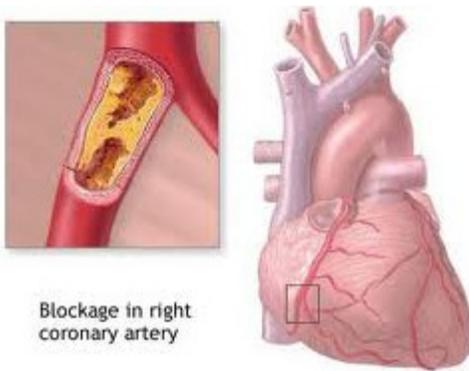
In most cases of Angina; patients usually report symptoms of discomfort in the chest rather than pain. This is because the patient feels, pressure, heaviness, tightening, squeezing and burning in the chest areas. The chest is not the only case but it also can take place in the upper central abdomen or epigastrium, back, legs, neck areas and or jaws. To explain this phenomenon further it is what is called referred pain. Referred Pain is usually occurred in the spinal areas which is received by visceral sensation from the heart and simultaneously coetaneous



Myocardial ischemia is the condition of the heart when the heart muscle itself receives less blood to it to perform routine functions. As we all know that oxygen is required for all parts of the body to work and in essence the main muscle of the body requires oxygen from the blood to perform its day to day functions.

Some of the symptoms that are related to this disease is called autonomic symptoms which when diagnosed reveal that the patient may have had felt nausea, pallor or vomiting. One of the major contributions to this risk is cigarettes; diabetes, high cholesterol, high blood pressure, inactive activities and a family history of heart diseases are all major contributors towards angina risks.

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Another variant of angina is known as Prinzmetal's Angina and is caused to patients with normal coronary arteries. This condition is said to be because of spasms to the arteries and it usually has its occurrence in younger women.

## **MEDICATIONS AVAILABLE**

There are many medications that are available to help clogged arteries. Here we will not endorse any of them as the reason is that you do need a medical expert to help define which will be the best to work for you. There are many sites where you will find complete description of the same and you will be able to know the gist of these medicines.

We like to add here that these medicines only help in preventing and are not the actual cure. The actual cure for this is constant exercising and eating right. These medications will help eliminate the growth of plaque in the arteries and will maintain a level that is acceptable. However, the need of double checking the same with a medical professional rests entirely on you.

Studies have revealed that the built up of plaque in the body begins from child birth and with age the level increases. What the medication does is softens up the plaque deposits and helps to flush it out from the system as well. When this has been achieved you will notice that problems related to angina will start to diminish as the blood flow will be free and largely unrestricted. If this problem is left unattended you may be in specific danger of problems that could lead to Angina and moreover the same could also be worsened to lead to heart attacks.

Plaque build up is usually because of the excessive intake of calcium carbonate that is given by our diet. Over a period of time these deposits turn the arteries hard and thus giving hindrances to the blood flow. When this happens the heart is then deprived of oxygen and nourishment which will affect the performance of the heart itself; and thus causing a situation known as a heart attack.

What the medication does is that it helps the arteries to repair themselves to a good state so that they can function properly. These in turn will make you feel stronger and plus will

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make you feel much better as well. Some of the medication will also help you lower the cholesterol level in the blood stream and in some cases can also lead to blood thinning. There are a bunch of medications that are available that will make it sound that the medication will cure you. Some of the medications also come with the slogans that xyz will help your blood to thin out and forcing it to flow smoothly again and will save you from blood clots and other dangerous ailments of heart disease risks. Please be ensured that although that one way in which most treatment works for Angina is thinning the blood these are done at very controlled environments. These environments always have factors which are not constant to all patients.

Nearly all the medication that you will find online will have some side effects and you need to be sure of those before you take any of them. You will want to account for medications that you are currently taking as some of the medications that you will be having might have an adverse affect while having a certain type of medication.

The best person to advice you on the same would be a physician who knows your case. They could be a multitude of reasons why he she may recommend something or why they won't. You will want to check with them in knowing the reason why. If you are not satisfied with the answer you may want to check in with another physician just to get a second opinion. Under no circumstances should you try to take the medications based on your own analysis. Just because it works for someone else doesn't mean it will work for you as well.

## **ADVICE FROM US TO YOU**

We do understand that a lot of people that come to this site are either here to learn more about the problems of Angina as they are facing it themselves or are her to learn a new thing. We will not account for all those people who have come to this site to plagiarize articles to be used elsewhere. We will be the first to tell you that Angina is a serious issue with serious complications if you do not have it look after by someone professional from the medical industry.

However, having said that it is also important to know that there are many ways in which you can steer clear from troubled waters. How does one do that, well the first thing is to identify all the things that are going against you in the risk of Angina and Heart Diseases. Some of the common risks factors are obesity, smoking, care free lifestyle, and no or little activities.

You need to understand that the requirements for prevention is all attributed to a complete mind change as they will account you to change some habits that have been built for years. You may need to change your eating habits and will also have to engage in healthy activities such as regular exercises, keeping yourself entertained and above all you will have to eat right. There are enough foods available in the stores that are bad for you and there are equal amount of foods that are available that will make you healthier and stronger.

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For Angina you will have to take out the good from the store and keep the bad right where it is. You will have to arm yourself with a little knowledge and periodical visits for a check-up will ensure that you are on the right track.

Your health issues are a big concern to us and we would be happy to see you moving around trouble free. This will only be possible if the same has an effort from your side. What we promise to give to you is the best possible truth about the latest developments on the Angina treatments and the new risks that patients face from time to time.

Please so remember to keep emergency numbers next to you and also to keep an updated medical record of what has been happening to you ready and updated. You may never know when the contents of that file will help save your life.

Some of the ailments that many people like you have been suffering are more or less due to the bad lifestyle that you may have been accustomed to. Smoking is a number one killer and you will have to take steps in which you will have to kill the habits.

Research studies and common sense have shown us that those who quit smoking are safer from coronary heart diseases than those that do not. You will find it hard in the beginning to do the same but in eventuality your will and efforts will payout in the end.

Since you have seen in the articles listed in here that Angina is curable if treated right. If you are aware of the symptoms you need to get to the right place to have your illness looked after. Most Angina attacks are silent and in the process of ignoring the same you will note that it will worsen your case and even end up spoiling your chances to live longer and healthier.

## **MEDICATION SIDE EFFECTS: HIGH CHOLESTEROL & BLOOD PRESSURES**

Most doctors will prescribe you medication for controlling blood pressure, high cholesterol if it can't be controlled on its own. The reason is very simple because high blood pressure & high cholesterol is a condition which is very dangerous if not controlled in the beginning stages. It has been known to be one of the most lethal silent killers in the history of mankind.

This article describes some of the known medications that are given to control these diseases and the side effects that can be occurred from the same. We will also explore some of the known natural cures for blood pressure and cholesterol improvements.

To control blood pressure, high cholesterol doctors usually prescribe one of the four major drug types. These are diuretics, beta blockers, ACE inhibitors and calcium channel blockers.

What you need to remember that the medication itself has no healing properties but rather they act to inhibit a particular symptom of a largely unknown condition of the body. The common ground that most of these medications work on the principle of being anti-hyper-sensitive and like other drugs these medications also have their own side effects which are deadly in nature.

**DIURETICS** - The main working of this drug is to release body fluids by the kidney. What it basically does is acts like a dehydrator so that your body loses some of your fluids so that it can achieve the remedies it promises. The list of side effects is long some of them are as follows:

1. Loss of Fluids such as:
  - a. Potassium
  - b. Sodium
  - c. Magnesium &
  - d. Other vital minerals
2. Irregular heart beat
3. Kidney problems (damage or failure)
4. Diabetes caused by hyperglycemia
5. Headaches
6. Impotence &
7. Visual disturbances.

A point that should be noted that diuretic medications that are available in the market also induces vitamin B1 (thiamine) deficiency; diuretic medication should not be taken without proper supplementation of the same.

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**ACE INHIBITORS** - This causes chemical reactions to control angiotensin release in the body. This molecule is released by the body to raise its pressure from time to time as required. Sometimes its control can be abnormal and needs to be contained with ACE inhibitors. The inhibitors act as a relaxant to the blood vessels making them contract so that pressure in the blood can be reduced. The most common side effect of the drug is dry cough. Some of the most prominent names for this drug are: Zestril, Lisipril, Renitec etc.

**BETA BLOCKERS** - This is one of the most dangerous of all the drugs because of its capability of reducing the heart's contraction force. As soon as the drug is consumed the heart beat rate is slowed down, which in turn helps to lower the hypertension levels. So when the drug is prescribed it's recommended to keep in mind that the drug is also a dangerous cardiac drug and should be used with caution.

Since the drug is cardiac related it is but obvious that the side effects of this drug would be related to heart diseases. Some of the symptoms can also be a congestive heart failure which in a more clearer terms can lead to pulmonary edema which is also known as a heart attack. This in short means that the side effects are fatal to almost all who have it.

There is also the possibility of a stroke, leading to partial paralysis. It is most life threatening to asthmatic patients as these drugs can cause airway spasms that can prove to be life endangering.

**CALCIUM CHANNEL BLOCKERS** - The most commonly prescribed and yet rated as one of the worst is Calcium Channel Blockers. These drugs inhibit the calcium movements in cell membranes. This forces the suppression of muscle contractions. This causes the arteries to dilate and which would reduce blood pressure flow which would automatically count for bringing down the blood pressure.

Side effects include:

1. Excessive blood flow to the skin
2. Puffy ankles
3. Fatigue &
4. Nausea

Some of the common medications that come under this drug are, Calan, Herbessor, and Norvasc & Adopting.

## **MAJOR RISK FACTORS FOR ANGINA**

- Age ( $\geq 55$  you for men,  $\geq 65$  for women)
- Cigarette smoking
- Diabetes mellitus (DM)
- Dyslipidemia
- Family History of premature Cardiovascular Disease (men  $<55$  you, female  $<65$ )
- Hypertension (HTN)
- Kidney disease (microalbuminuria or  $GFR < 60$  mL/min)

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- Obesity (BMI  $\geq$  30 kg/m<sup>2</sup>)
- Physical inactivity

Conditions that exacerbate or provoke angina

- Medications
- vasodilators
- excessive thyroid replacement
- vasoconstrictors
- polycythemia which thickens the blood causing it to slow its flow through the heart muscle

**SMOKING**



According to studies it has been proved that smokers have a fairly higher risk than those that do not smoke. Smokers on a more general note have an increased blood pressure, heart rate and other symptoms which are the causes to reoccurring angina attacks.

Additional studies have also shown that CHD, PHD and strokes are all well reduced to those patients who have given up on smoking after a year or two of ceasing smoking. In yet another study it has been revealed that men under sixty who have given up smoking after they first angina attacks have a 40% lesser chance to have a recurrent angina attack. Other medical problems can be:

- profound anemia
- uncontrolled HTN
- hyperthyroidism
- hypoxemia

**OTHER CARDIAC PROBLEMS**

- tachyarrhythmia
- bradyarrhythmia
- valvular heart disease
- hypertrophic cardiomyopathy

Myocardial ischemia can result from:

1. A reduction of blood flow to the heart that can be caused by stenosis, spasm, or acute occlusion (by an embolus) of the heart's arteries.
2. Resistance of the blood vessels. This can be caused by narrowing of the blood vessels; a decrease in radius, Blood flow is inversely proportional to the radius of the artery to the fourth power
3. Reduced oxygen-carrying capacity of the blood, due to several factors such as a decrease in oxygen tension and haemoglobin concentration. This decreases the ability to of haemoglobin to carry oxygen to myocardial tissue.

Atherosclerosis is one of the most common causes of Stenosis. Stenosis literal terms means the blood vessels have narrowed down which causes hindrances to the blood flow in the arteries. There are some cases in which patients do suffer from chest pains but the narrowing of blood vessels are to a minimum in cases like these the more likely cause of this would be vasospasms and is also the reason behind Prinzmetal's Angina and Syndrome X. Pathophysiology

Each organ has its own demand and supply for its performance, insufficient supply of oxygen to the heart's muscles is known as Angina. However there are some cases in which normal activities can also create angina like situation such as exercising when the bodies resources is being used to its maximum. However, when the supply line has hindrances in them it makes it harder for the heart muscles to function.

## **DIAGNOSIS**

People who complain of chest discomforts such as being tight dull or heavy need medical attention at the earliest. A case of being angina is when the pain is coupled with the below:

1. Retrosternal or pain that is felt mainly to the left side of the body and has a radiating like effect to the left arm, neck, jaw or back.
2. The pain has been accounted due to exertion and after a few moments of rests it has been subsided. What we mean is that normal activities become a tiresome activity.
3. Come down by cold weather or a meal.

People suffering from diabetes, older people, and women would suffer from irregular symptoms such as breathlessness and nausea or bur burping. The pain felt to Angina is not usually sharp or stabbing; what we mean here is that the pain felt here are more of a discomfort rather than a pain. It is usually after exertions that the body develops these pains and the same is relieved after a few moments of rest. In cases like this the prognosis of angina is to be termed as true.

While testing patients for Angina risks it is necessary for tests to be conducted for the same. One of the most common testing tools that are used on nearly all patients with symptoms displaying angina attacks is ECG or electrocardiogram machine. The machine takes a reading of the entire body to determine certain factors.

In some cases the ECG machine would be rendered useless for people who suffer from asthma and older people who would naturally fail the ECG tests. The ECG markers indicate levels of blood flow to and from the heart and other risks factors that need to be

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determined before serious medical solutions can be given to the patient. The ECG is sometimes also conducted as a diagnosis for angina cases. Other test alternatives that could also be used would be thallium sintigram, which is mainly used for patients who cannot perform the ECG tests because of them being old or who suffer from asthma.

Patients who suffer from noninvasive testing the primary reason for its procedure are to identify the coronary lesion and how the same would be treated. There are a number of ways in which the same could be treated varying from angioplasty to treatment only with medication.



The treatment to be done thus would depend solely on the test results. According to studies it has been revealed that in order for Angina attacks to take place the blood pressure in a patient needs to be somewhere around 45-50 kHZ. Patients who are at the hospital with unstable heart diseases or with some of the newer diseases related to heart it are normally sent for angiography at the earliest.

### **TREATMENT**

While treating a patient with Angina risks the most common medicine that is used is nitroglycerin. The compounds of the same ensure that there is enough oxygen that reaches the heart to perform its daily functions.

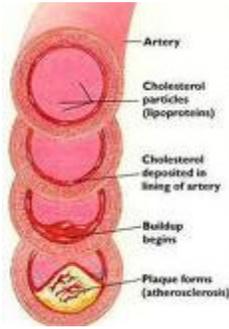
However, if the patient has been using inhibitors such as Viagra or Calais, the reason of not giving them the same is because of the acute drop in blood pressure which could prove to be fatal. In the treatment of angina it is commonly noted that the use of balloon angioplasty is a common treatment that is recommended for all patients.

The procedure involves a balloon like tool to enter the body which helps to stretch the arteries to their normal width and improve blood flow to the heart. Sometimes it is also necessary to use stents which would provide support to the balloons before and after the operation procedure. If need be there is also another treatment known as Coronary Bypass in which it involves bypassing constricted arteries. This procedure is more invasive than angioplasty itself.

The actual goal in performing treatments to cases of angina is actually prevention rather than cure. It prevents the patient from any unseen recurring attacks in the future such as heart attacks and in certain cases death. In a large number of cases most treatments today are recommended to be done with medication rather than with newer technologies, this has been in practice since 1879 and the key medication given to patient is nitroglycerine. In cases of low risk heart diseases it has been known that disprins has helped a lot of cases in which it has helped thin out the blood to help the blood vessels reach the heart muscles.

Another key treatment to cases of angina is also exercising in which it is known to have long lasting effects on the body. However, by exercising we mean light exercising that would include walking that is built up in a gradual pace of time. One should if suffering

from angina should not indulge in heavy short bursts which could prove fatal. One needs to identify the risk factors and needs to treat the risks accordingly. This is one of the life saving techniques that have helped save millions of patients worldwide. When you are facing risks of angina levels should be tested for certain other risks such as high cholesterol, diabetes, hypertension and quitting of smoking and loss of weight is encouraging during angina attacks.



## SUSPECTED ANGINA

If you have the following symptoms such as pains felt during resting, especially in the night, or with activities that are done with minimal exertion and instead of decreasing may increase rapidly over the period of time. Such cases need to be reported for medical attention almost immediately so that their conditions can be monitored and diagnosis can be confirmed for their treatment.

## EPIDEMIOLOGY

According to the statistics there are roughly 6.3 million Americans which are estimated to feel angina like symptoms. Angina is more often confronting signs related to heart diseases in women than in men. The preponderance of angina increases with age, with an average age of onset of 62.3 years.

Statistics reveal that, 4.8% of individuals with angina subsequently die from heart disease. It has also been noted that men tend to suffer from myocardial diseases than women which have resulted in deaths. The figures noted here are also true for the entire US in which the signs and symptoms have remained the same.

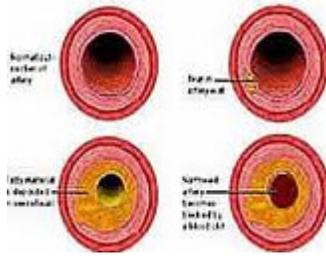
All forms of coronary heart disease are much less-common in the Third World, as its risk factors are much more common in Western and Westernized countries; it could therefore be termed a disease of affluence.

The adoption of a rich, Westernized diet and subsequent increase of smoking, obesity and other risk factors, as chronicled in The China Study, has already led to an increase in angina and related diseases in countries such as China.

Pains associated with the chest areas are usually described best as tightness, numbness, aching, pressure, squeezing. These symptoms are almost faced in durations within a span of a few minutes.

- Pains that get close to the heart area and have a tendency of rising further, risk areas include arms, left shoulder and back.
- Hearts beats which are irregular and have the conditions of skipping heart beats.
- Extreme tiredness that is followed with shortness of breath
- Headaches that is severe in nature and dizziness and the feeling of light headedness.
- Cold sweat or sweating.

- Walking with difficulties which may include loss of balance even facing difficulty in conversing or understanding the other person.
- Difficulties in moving certain sides of the body such as arms and legs and sometimes movement of the face.
- Extreme weakness, numbness or anxiety.
- Fullness, choking feeling.
- Nausea or vomiting.



Medical treatments and medicines are not the answers for cure but are just acts of preventing them from happening at that time. Most medical procedures and treatments will only help to prevent something fatal from happening.

The actual prevention is done after the medical treatment, where in which one learns that if changes a few habits such as eating right and staying healthy most of the problems could have been avoided in the first place. You will also need to remember that most cases of heart related diseases are expensive and require expensive and deadly operations to be carried out. You will also note that insurance companies make the premium of their policies more expensive to those people who have heart related diseases especially those linked with Angina.

## HOW TO RECOGNIZE AN ANGINA ATTACK

Most people are unaware of when they are having an Angina attack. There are at least a ton of articles that one can find out there that speaks volumes of the symptoms of an Angina attack. However, people have always lived with the feeling that an Angina attack will take place just like how they would show in the movies.

The perception to most people is that the person will clutch their heart and feel immense pain and will then fall backward and will finally go into a state of shock or comma is just dramatization made necessary for the movies. However the real story is quite different, there are a number of reasons that why you should know the symptoms of Angina attacks as Angina attacks are most often silent and the person who is going through an attack will only feel uncomfortable at that time.

Since there is a feeling of uncomforted in the patient it is very important to know what the patient feels at the time of an attack. This article will try its very best in making you understand what the signs are and whether it could be a potential risk for Angina.

Angina is a heart disease that if not taken care of can lead to a heart attack. So what mean from this statement that Angina in itself is one of the symptoms of a heart attack and there are a couple of reasons that you should notice when you or a friend or loved tells you that the following conditions apply to them.

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The first area of danger is complaining of pains in the chest areas or areas that are close to the heart. These are not actually pains but are rather discomfort feelings, the feelings are the same when you are feeling down and depressed the only reason is that the feeling is brought along with pain that can be felt excruciating from the left arm and towards the chest or the jaw, neck or back.

You will notice that the pain will look like as if an invisible force is squeezing the subject and in reality the feeling of tightness also plays in. There could also be the case of feeling like a burning sensation that comes in periodically for no known reason. One should not confuse this with acidity as acidity is always felt after eating something hot or spicy. Along with the pains you need to do some analyzing as well.

Since Angina is relatively the issue of the blood arteries being blocked you need to know that this will hamper the heart from functioning properly. When this happens normal activities such as walking will seem hard by in which you will get breathless, you may also feel light headiness and may also feel like fainting.

From time to time you may also have feelings of anxiety and nervousness and you may also start to get cold sweaty skin for no apparent reasons. Your skin may become paler than usual a sign that is known Pallor and you will have this feeling of an impending doom.

If you have conditions that speak even of some of these conditions that have been outlined above you will have to visit a medical professional to get yourself checked. You need to bear in mind that Angina attacks is usually a warning that a heart attack is near and you need to take care. So when you feel that you are near these conditions you need to ensure that you get medical aid as soon as possible.

You also need to remember that heart attacks and angina symptoms are more or less similar to each other. What needs to be understood is that Angina attacks are for a short while and heart attacks are prolonged. In either case the need of having the same checked by a medical professional is best advised by us.

Once you are in the medical room you will be diagnosed as to how severe your case is. Once they have diagnosed you, they will have a plan in which you will be advised as to what exactly you will need to be done so that you can be out of the red zone and come into a safe zone where you can recover.

There are many medications that are out there and one needs to know that all of these are given after an expert has checked for relative signs and to how much of the dose is medically right for you. Please if you are suffering from the conditions mentioned on the top it is recommended to get medical assistance from a medical professional.

Avoid asking help from friends or neighbours to advice you on what medicine to take for the same. Every patient may or may not suffer from the same level of intensity and by you taking the amounts prescribed for someone else could prove fatal to you.

## **ARTERY CLOGGING!! WHAT CAUSES IT? THE WRONG FOOD?**



Arteries are not clogged because of natural phenomena these are clogged because of the choices we have made so far. The choice in what food we have preferred to eat the lifestyles that we chose and the problems that have defined us.

Angina related attacks have a deep history that has rested in these choices and this section will help you discover what you have done wrong and what you need to do about it.

The first step in steering away from the dangers is to self assess yourself. This is important as you need to know what exactly the problems that you face are. Stand in front of a mirror and see yourself and see what you need to be. Self assess yourself and see if you are overweight, are you stressed, and more importantly is the lifestyle that you are right now leading and how it is affecting your lifestyle. Once you have those answers it would be best that you would write them down somewhere so that it can use for reflection later.

The second step is to allocate yourself time and space to help you accommodate the changes that you would want to incorporate in you. Most people at this stage start thinking of all the expensive things or all those things that are strenuous and time consuming and get let down by all the negatives. What is important here is to let yourself know that you are only writing and no one till date ever died by writing a few lines. Once you have this all jotted down you need to mark all those things that are expensive and time consuming. Here it would be beneficial that if you highlight the two with different colours. The ones that you marked as expensive you can easily find a cheaper alternative. In fact in most cases of Angina related risks the prevention is usually cheaper than the lifestyles that we would opt to keep.

The third step is to re arrange your house so that no matter where you go you will always get a positive signal no matter what. Negative vibes have been the reason of failures to many, and thinking that you can't does mean that you can't. So in order to do something you will have to need to think positively. For the ones that you have marked as time consuming you will have to make yourself realize that life is short and I am only going to make it shorter by not doing those things. Once you have convinced yourself you will just have to realize that hey our recommendations and the recommendations from a thousand sites around the World Wide Web has always been the same. Eat right live healthy and the only way you can do so is to eat everything organic and exercise. You will be able to

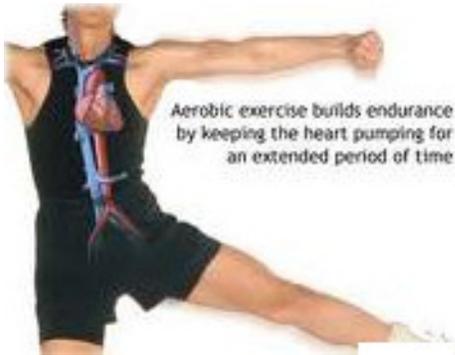
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free your arteries from all the clogging that has been built up over the years. You will feel good and above all you will look great.

One thing that we will ask readers to be aware is to be careful of myths that have surrounded Angina. The most common myth is that all fats are harmful. No matter where the source of the fat is it is to be treated as harmful. This is myth in itself harmful and needs to be clarified, fats in moderation is good. Outside the moderation levels is where danger lurks. What the readers to this article need to understand is that most oils that are being sold on the shelves are known as Hydrogenated oils. This is the key elements where the risks are made extremely high by consumption of the same. Hydrogenated oils are made for corporations to help corporations. The oils thus produce ensure the manufacturer two things one is that foods made from them taste better and the second most vital is that the oil can be kept for a longer period of time on shelves.

In fact this is the single most deadly product that has ever been produced and over a period of time people suffering from Angina risks become more prone to the danger. This is because everything that you find today is nearly cooked in hydrogenated oil. Biscuits, cookies, chips, peanuts and even frozen foods have been made using hydrogenated oil. When buying foods for people who suffer from Angina attacks please ensure that you know what you are buying or better yet it is best to have home cooked food given to these patients. Cleaner, safer and above all it's a product that you will be able to trust.

## FITNESS AND TRAINING



Fitness is more of an in thing today and needs to be taken seriously by many people from all walks of life. Angina diseases are more or less related to people who don't have much activity and sit in the office doing stressful jobs. This is the tagline for most people and there are many readers who while reading this article will think that I do qualify for risks that can be related to Angina. Fitness coupled with some personal hygiene matters will help you reduce the risk factors considerably and will lead to

a healthy life. We cannot guarantee the length of your life but what do guarantee that with fitness and training one can be far from the dangers of Angina.

Your training depends on your physique and the more your physique the more you will have to train to keep your body in shape. When you exercise your body burns more fats that have been deposited through the years and eating right will ensure that unwanted fats are no longer a problem to your body.

One way to determine if you have been a couch potato is to do an activity that requires an effort such as walking for a good fifteen minutes. Think about the distance that you have covered and how did your body respond to the exercise? Are you gasping for breath? Are you tired? What is the distance that you covered in those fifteen minutes? You will note that you may have not done as well as you think you could have and this calls for exercising your body so that it can function well.

A good way of judging the above is to join a club in which the members of the club can tell you exactly of what you need to achieve and what is the best and safest ways to achieve your goal. You will need to join a gym that is well frequented by people and the idea behind joining the gym is to keep fit and not to grow muscles. Clubs offer services that help keep its members physically fit through a set of training that is built around a person needs. When you will join the club you may be interviewed by one of the staff of the club so that your requirements can be determined. It is imperative that you tell them the truth when asked about any medical complications that you may have especially to those that concern the heart such as Angina. The reason is if you are suffering from the same they need to know so that strenuous exercises are avoided so that you don't overwork yourself. You need to remember that Angina is caused because of low activity level and also because of stress levels that you may have developed over the years.

There is also an option for those who can afford that is a personal trainer. This involves a professional to come to your choice of venue so that instructions of keeping fit and monitoring your goals can be seen to. The only problem is that instead of paying a fixed amount such as in the case of a club you will have to pay the person by the hour. You will also have to do the double checking of finding the right person checking their credentials and how successful they have been with previous clients. This is ideal to those times when the idea of going to the gym is next to impossible due to difficulties.

So whether you go to the gym or are training with the best or just enjoying a walk in the park it is a nice idea to get those muscles into action. Walking is perhaps one of the best forms of exercise and it should be performed daily. Instead of taking the car you may want to take the bus or the train. This level of activity will ensure that you walk to at least the station and will also leave you alert as well. You can walk for at least fifteen minutes daily. When you walk you ensure that blood and oxygen is being reached to the different parts of the body and plus you also produce enough heat to burn some of the fats that have been stored up for some time.

## **EATING RIGHT LIVE RIGHT**

In order to eat right one will have to consider a whole new habit change. The action calls in for a complete change in mind strategies as well. What we recommend is to believe in yourself and offer yourself an ideal person that you would want to be. You should have an image of a person that you would want to be and that image should help you in achieving your goals. Since your diet is and would be a major part of your training program we would recommend that you stay away from most supplements available in the market and concentrate on things that you could do without having to indulge in expensive tablets or food supplements.

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Before we start off with the main article we would like to bring your attention to certain facts. Look around you and see how we Americans eat and drink. We eat like there is no tomorrow and when we eat we always need food that should come with us on the go. The reason for this is because we have become so busy that we don't have time to look at the issues that need our attention. Fried Food, Pizza, Burgers Chips and Cookies have become the standard eating habits for many.

If we are burdened with stress out comes a cigarette to help reduce the stress levels as well as to help in digestion, or so we think. However these very eating habits are likely to push us further in to the danger zone of Angina. Too often we have swum too far out that when we realize it's a bit too late for some of us. You will note that this lifestyle can be accounted to most of us or at least we would know of some people who do live this lifestyle. If you don't but do you need to explain them what they are doing is wrong and can help them chose to correct their ways and save themselves from Angina like diseases in the future.



For the first part you could start off by eating everything that is organic. By organic we mean anything that is produced from the earth should be your first choice of food. Vegetables, grains, pulses, fruits should be on your daily diet. On the weekend you could add in to your diet fish or chicken to your diet. Here it is important that one stays away from red meat, as red meat has a history of heart diseases like Angina attached to it. Today there are a numerous TV channels and cookbooks that will tell you how to cook vegetables in a variety of different ways.

If you have never tried cooking then Angina is as good as a reason to start to learn how to cook than any other.

Soft drinks need to be controlled, change from those to a refreshingly cool glass of water to beat the summer heat and cool down. It would also be helpful to know that drinking warm or room temperature water will help quench your thirst faster and plus has been proven scientifically that it is better for your body. You may want to add lemons to your water which in itself energizing and as well beneficial when experiencing a hot and tiring day. What you need to understand is that soft drinks may be refreshing but at the same time they will be giving you unwanted calories that would not be good for you. Another

key point to remember that the sugar content in soft drinks is high and you will need to control your intake of this as it is very unhealthy to do anything over its moderation limit.

In general we have always skipped soups and have always eaten meals directly. It is important to note here that soups are good for both health and nourishment for the body. Soups will make you have that full feeling and in the event will make you eat less at your actual meal time. Soups will help decrease your calorie intake by at least 20% on a daily basis.

Correct your posture while sitting and standing. There is a lot that needs to be learnt from the saying “walk tall, walk strong and look at the world in the eye”. You need to understand that by just correcting your posture you will help burn calories. Make sure the small part of your back is touching the chair when you are sitting. When you are walking pull your stomach in and hold your head high. You will notice that when you correct your posture you will note that you will look thinner just by correcting your posture.

Salads are good but only when you make them yourself. Salads when ordered from out have additional trimmings that you would not want in your diet such as cheese, bacon, croutons. If you are eating out and are ordering the salads please ensure that you order the trimmings separately so that you can monitor what you eat and this very activity will help you lose calories drastically. In fact the more of salads you consume the better it is for you and you will learn that it is more or less easier to cook and easier to handle than your average burger or pizza. You don't have to pick up any recipe or have any fine cutlery skills all you need to do is pick your favourite vegetables cut them into smaller pieces drop them into a bowl and chow down.

As said before exercise, exercise and exercise and did we say exercise. That's the keyword here exercise to ensure that it become a part of your regular routine it will help you empty your stress levels and also it will help you lose weight. This is a great way of relieving two major risks towards Angina with one great way by staying fit. Three forms of exercise that is good for you are walking, running, cycling and swimming. You could do any of these on a daily basis and you will be sure to keep fit within no time. Although we do understand that it takes a lot of time but choose a time that is convenient to you. Most gyms and public pools are open at night and a work at night after a long stressful day will ensure that you sleep well.

And finally an age old saying that laughter truly is the best medicine and the best way to do that is to stay around positive people. Keep in touch with old friends, and laugh at old memories, laughing reduces the amount of cortisol that is released in your body. Cortisol is the stress hormone that is released in the body when you are depressed and down. One of the main noted reasons behind Angina is also depression and anxiety. We may not know what problems you have but what we do know is that most problems can be solved by just talking them out. You don't need any expert to do so, and one of the best ways of confronting your problems is to face them.

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While keeping the same in mind you should remember that fitness is a good way of keeping heart risks such as Angina away. From the birth of a child to dying at a ripe old age fitness is a key that is dependant to our living normally. A key phrase that should be remembered in life is that “A diet is the penalty in which we pay for us exceeding the feed limit.” Don’t live to eat, eat to live. There is much truth in this and one should make it a habit to check on what they are eating and how much of it they are eating, as you may be eating the right kind of food, but what would be the use if you eat too much of it.

## **EXERCISING MACHINES**

There are a number of machines that can be brought from the local market to help one to keep fit. These machines if used in the right way can be used for keeping them fit and away from risks related to heart diseases such as Angina. In this section we will talk of the various forms of machines that can be brought that will help you in variety of ways and can be brought as to your liking. There are a lot of places in this article where in which we have spoken of proper exercise and at the same time we have also spoken of controlled exercise as well. What we will tell you here that these machines are very helpful in doing both. We do understand that some find it hard to wear sneakers, jogging clothes and then go out and start exercising. There are a number of reasons as to why you may not want to exercise here we will tell you about two machines that have been built for recommended exercise. These machines can help you overcome loads of stress and Angina problems. Most doctors across the world recommend walking, running and cycling as a good form of exercise.

Most stores do have professionals that will help you decide on what would be the best buy for you. However, it is recommended that you do a little product searching. The reason for this is because you may know what you want but you may get confused on the brand of machine that you will want to buy. The market is full of fakes and copies and you may want to invest in a little time in searching for the right machine. This is not something that you will be buying for a one time use however; this is something that will come into use for a long time to come. So search the internet, browse your local hardware store and stop by to your nearest gym. See how these machines work for people and moreover how these machines will work for you.

## **TREAD MILLS**

These are basically machines in which you can set for either walking, jogging or running. It is a machine that has a movable flow that ensures that you are moving while staying in one position. This is great for people who don’t have grounds nearby or to reasons best known to them will want to exercise at home. The machine provides various speed limits that you can control to your liking and is also a great way of monitoring your achievement level that you have done so far. You can run, jog or walk on either a straight path or you can even make the machine to simulate an uphill climb as well. If you are new to this kind of machine you may want to start on the slowest speed available and then move up to a comfortable level. Better yet is if you could get someone to show you how it could be used so that you don’t end up injuring yourself while using it. Treadmills would usually come in for as low as \$400 to as high as \$1700 dollars.

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You may want to research on this before you can buy yourself one and the best way to do so is to enquire from a local gym about the best available one that best fits your requirements as well as your pockets.

## **INDOOR CYCLES FOR HOME GYMS**

Like the treadmills the indoor cycle machine provides you cycling facilities at your home. You will be able to do miles and miles without having to move an inch. The machine is available in all sizes and colours and by far is also the easiest to store up. As in the treadmill you can use it to exercise in the comfort and privacy of your home and can set speeds to match your level. While you are exercising you can have the option of doing other household chores that will require your attention. Such as baking while you are getting that cake read you can easily get on the cycle and burn a few extra calories while keeping an eye on the baking cake. Or you can even cycle while watching your favourite soap operas that are coming in the time that you have planned for exercising. There are also some indoor cycles that are available that will help keep the TV running as long as you keep on pedalling. So in order that you don't miss out on that great soap opera part, keep pedalling.

## **Stop Stroke & Heart Attacks Before They STOP YOU!**

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