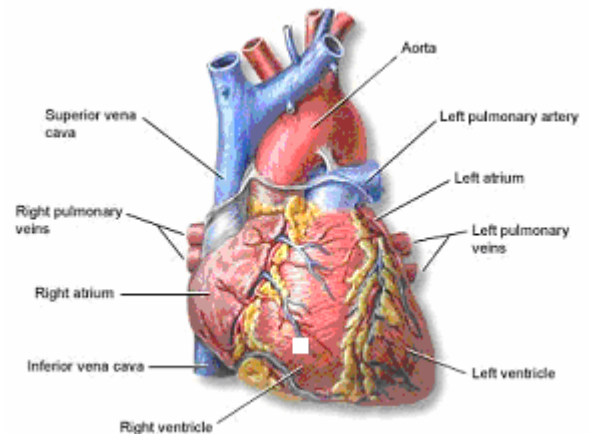


heart conditions

The heart's main function is to pump oxygen rich blood from the lungs to various parts of the body, and to pump the oxygenated lowered blood from the tissues back to the lungs to take on more oxygen. Factors such as lack of exercise, poor diet, advanced age, and chronic disease can mean the heart is sometimes compromised, and the development of serious cardiac conditions such as the following can occur:



Heart Attack (Myocardial infarction) - This occurs when the heart muscle is damaged because blood was blocked from reaching it, usually due to fatty deposits of plaque building up in blood vessels and reducing the blood flow. This can occur at any age, but some are at a greater risk due to hereditary influence, lack of exercise, smoking, poor diet and high blood pressure.

Angina - means pain in the chest, and is a condition caused by the constriction of bloods vessels supplying the heart muscle with blood. Medication can relieve the symptoms, and is usually in the form of a tablet or spray, taken under the tongue.

Cardiomyopathy - this is a very serious disease where the heart muscle becomes inflamed and does not work as well as it should. There can be several causes including viral infections. Individuals with congestive cardiomyopathy have an enlarged and stretched heart cavity. The heart is weak and does not pump normally, and in most this will lead to congestive heart failure. In some abnormal heart rhythms known as arrhythmias and disturbances in the hearts electrical conduction can occur.

Congestive Heart Failure – is present when the heart cannot pump enough blood to satisfy the needs of the body. Weakened chambers of the heart cause blood to pool inside the heart and in nearby veins. The major causes of heart failure include coronary heart disease, hypertension, cardiomyopathy and other heart diseases. This is most common in the elderly and the survival rate will depend on the severity of their condition. Medication, lifestyle changes and sometimes surgery are the best treatments.

Please Note:

Clients that have had heart transplant surgery may only be enrolled when the client has written approval from their own medical practitioner. Those clients who have had acute myocardial infarction (also known as heart attack), unstable angina (or investigation in the last 3 months for heart related problems), triple coronary bypass surgery (or any surgery for heart disease, including angioplasty, stents and heart valve operations), congestive cardiac failure or cardiomyopathy (enlargement of the heart muscles), newly diagnosed and treated in the last three months (12 weeks) will need to get written approval from their medical practitioner.

Please note:

For clients who suffer from any of the above heart complaints their program will include additional foods during the first three weeks of their program, including the following on a daily basis: 40g avocado, 40g carrots, and 40g sweet (orange) potato, 5 almonds or 2 Brazil nuts. These extras may be included in any category or divided between categories.

During the 4th week of their program they should delete these extras. Additionally these clients should start with a teaspoon of each seed per day, and work up to the full recommended daily amount within the first fortnight of applying their program.

References:

http://www.disability.vic.gov.au/dsonline/dsarticles.nsf/pages/Congestive_heart_failure?Open
<http://www.parasolemt.com.au/manual/heartconditions.asp>
<http://www.americanheart.org/presenter.jhtml?identifier=4468>