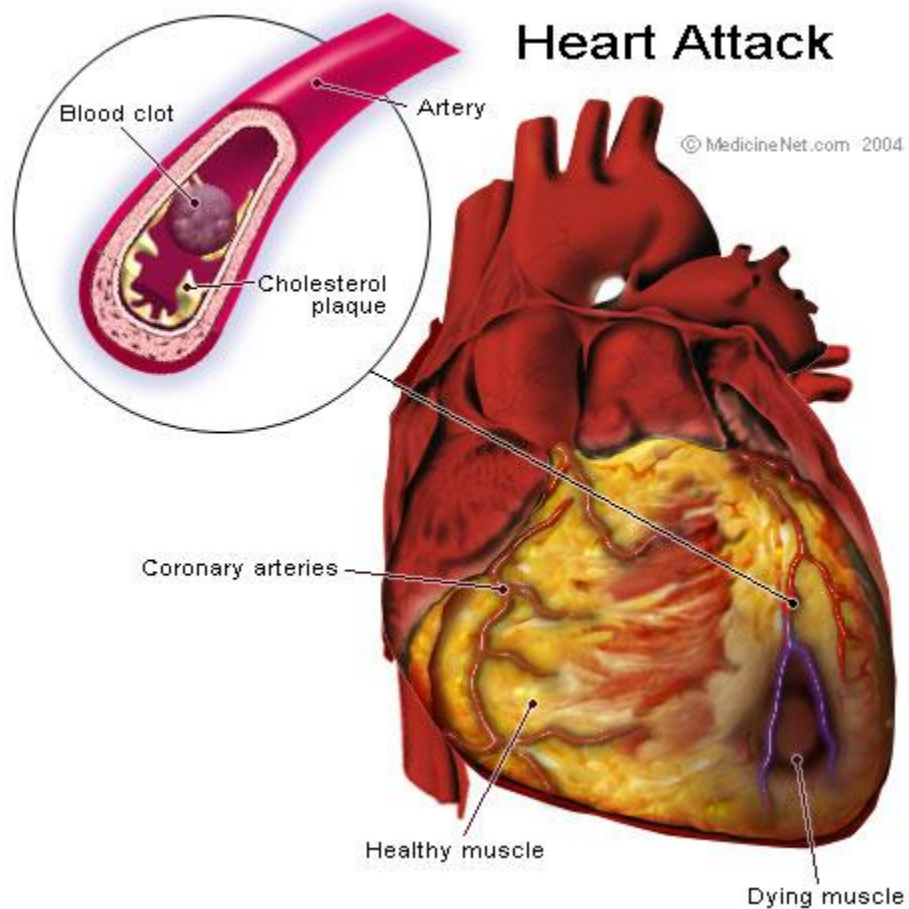


From : Ken Min
Date : March 11, 2010
Subject : FW : Heart Attacks

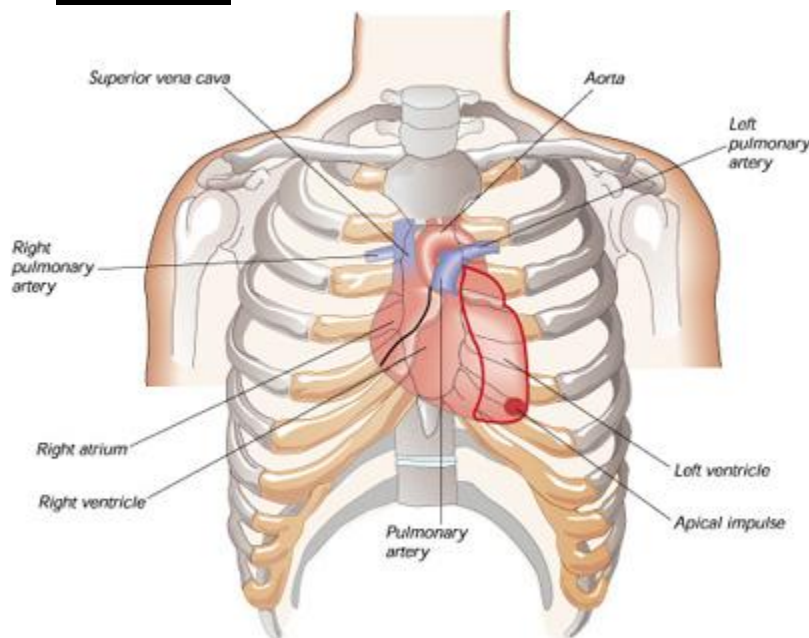
A very good article which takes two minutes to read.

I'm sending this to persons I care about.....I hope you do too!!!

Heart Attacks And Drinking Warm Water



This is a very good article. Not only about the warm water after your meal, but about Heart Attacks. The Chinese and Japanese drink hot tea with their meals, not cold water, maybe it is time we adopt their drinking habit while eating.



For those who like to drink cold water, this article is applicable to you. It feels nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the

intestine. Very soon, this will turn into fats and lead to **cancer**. It is best to drink hot soup or warm water after a meal.

French fries and Burgers are the biggest enemy of heart health.

**A coke after that gives more power to this demon.
Avoid them for your Heart's Health**

Common Symptoms Of Heart Attack...

A serious note about heart attacks - You should know that not every heart attack symptom is going to be the **left arm hurting**.

Be aware of intense **pain** in the **jaw line** .

You may never have the first **chest pain** during the course of a heart attack.

Nausea and **intense sweating** are also common symptoms.

60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep.

Let's be careful and be aware. The more we know, the better chance we could survive.

A **cardiologist** says if everyone who reads this message sends it to 10 people, you can be sure that we'll save at least one life. Read this & Send to a friend. It could save a life... So, please be a true friend and send this article to all your friends you care about.

I JUST DID

