

How's Your Heart?

Are you about to become a statistic? Are you at risk?

ONE New Zealander dies every ninety minutes because of heart problems. Are you in line to be the next? 40% of New Zealanders die from coronary heart disease, other heart and circulatory diseases and from strokes. The main contributing factors to heart disease are:-

- Smoking
- Obesity
- Diabetes
- High blood cholesterol
- High blood pressure

If you are male and over the age of 45 or female and over the age of 55 and the above problems are in your life you could be the next statistic. And you are even more at risk if there is a history of heart disease in your family.

Smoking

Many younger people who suffer heart attacks are smokers. Nicotine raises blood pressure which makes the heart work harder. Smoking increases carbon monoxide levels which also makes the heart work faster. The tar in tobacco contains many cancer causing chemicals. Smokers have a 70% more chance of suffering coronary heart disease. It's an interesting fact that cigarette company executives are among the lowest smoking groups in the world. If you are a smoker, you are giving yourself a very good chance of having a heart attack.

High Blood Pressure

Is a major health problem in the Western World. Half of people having first time heart attacks and almost 70% having first time strokes suffer from high blood pressure. Over half the people in the Western World suffer from high blood pressure or have hypertension which is the next level down. Diabetes Is an increasing problem in the Western World. If you suffer from diabetes you have a much higher chance of having heart problems. High cholesterol levels Definitely put you at risk of heart attack, angina and other related illnesses. We need cholesterol but only a certain amount and of the right type. Too much 'bad' cholesterol causes the problem.

Hypnotherapy Helps

Hypnotherapy can help you with all these problems which are likely to cause heart problems. It is the most effective way to stop smoking. Huddleston Hypnotherapy has a highly successful weight control programme. High blood pressure is usually caused by stress. Hypnotherapy is one of the most effective ways to deal with your stress. We help you 'see' things in a different way so they are not as stressful and we give you lots of coping tools. Self hypnosis is a great skill to develop. We can deal directly with smoking, weight control, blood pressure and stress. We can provide back up help

for issues such as diabetes and high blood cholesterol. If you have a family history of heart problems, if you are putting your body under pressure then you are more than likely to have heart problems.

But you don't have to have those problems. Look after yourself.