

A pair of hands is shown holding a red heart. A white ECG line is drawn across the heart. The background is a light-colored wooden surface.

**An Integrated
Approach To The
Treatment of
Cardiovascular
Diseases.**



+91 93269 53406

Daily Use of **Green Vegetables**



A daily serving of green vegetables significantly reduces **the risk of Coronary Artery Disease by 17% (Heart Attacks) and Ischemic Stroke (Paralysis) by 24%.**



+91 93269 53406

Daily Use **Fruits**



Fruits are a **rich source of antioxidants** and they have good **antihypertensive properties** (help to reduce blood pressure). One of the studies shows that **daily consumption of mainly blueberries or strawberries** reduces the risk of Myocardial infarction by 34%.



+91 93269 53406

Daily use of **Nuts**



Regular **consumption of NUTS** reduces the risk of heart disease. They are a rich source of **Magnesium, Sterols, Vitamin E, Fiber, Polysaturated, and Monosaturated Fats**. Nuts also have **excellent anti-inflammatory properties** and they're **beneficial to the intestine**.



+91 93269 53406

Do **Mediation** Regularly



People who **do regular meditation** have been found to be a **significant reduction** in the **risk of all-cause mortality**, including **Myocardial infarction and stroke**.



+91 93269 53406

Regular Aerobic **Exercise**



Regular **aerobic exercise** which is **cardiac exercise** reduces the **risk of Blood pressure**. With **regular exercise** systolic blood pressure **reduce by 7 to 10 mm of Hg** and diastolic blood pressure is lower blood pressure **reduce by 3 to 5mm of Hg**.



+91 93269 53406

Regular Physical **Activity**



Regular **Physical activity** nearly shows a **20% reduction in cardiovascular mortality** and most of this benefit or related to the **reduction in LDL Cholesterol**. People who do **regular physical activities** can achieve **3 to 6 mg** of reduction in **LDL cholesterol** with exercise if the **exercise is done more than three days a week**.



+91 93269 53406

Add **Yoga** in Your Lifestyle

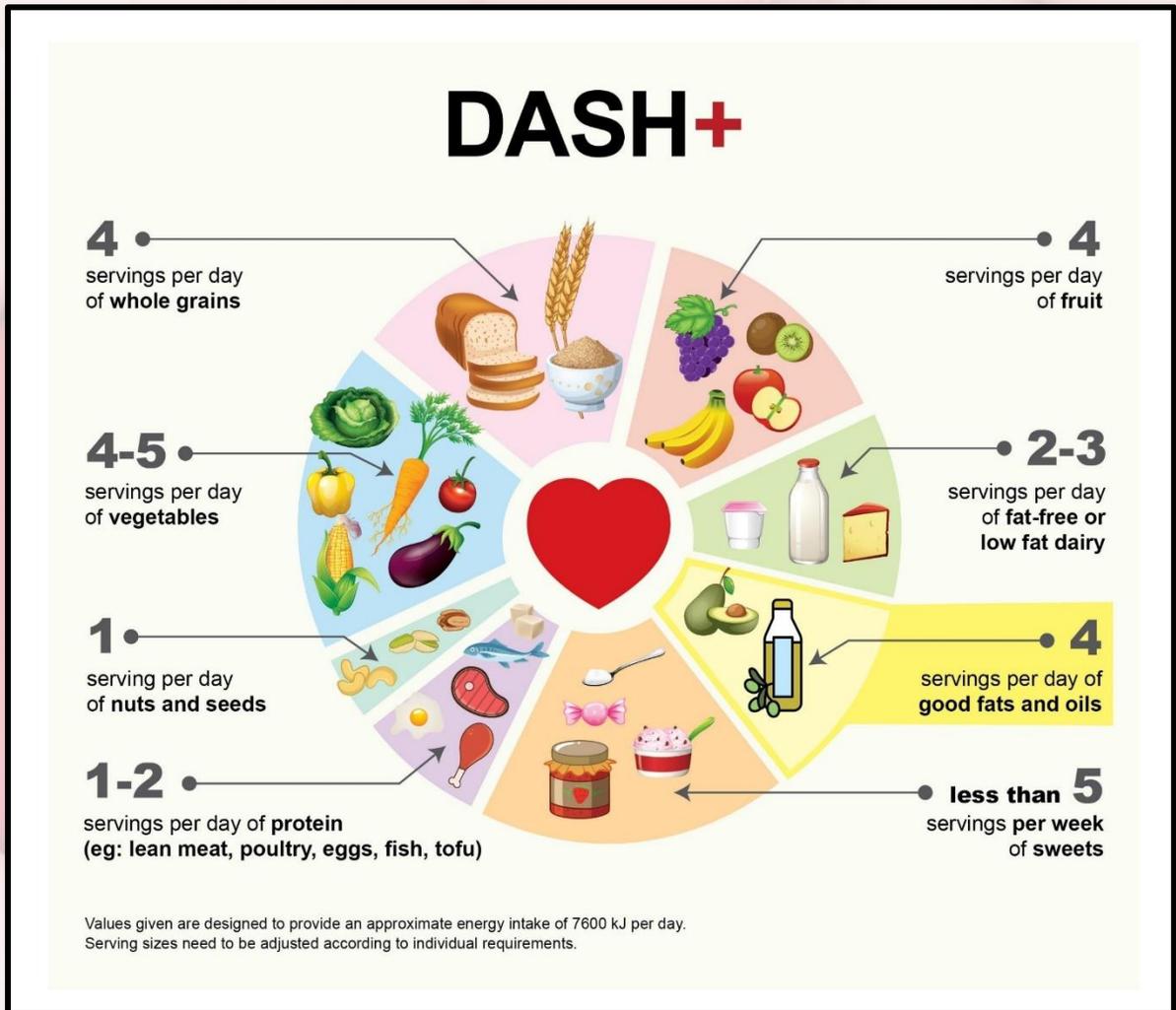


Yoga reduces **blood pressure** and makes the person **physically active**. In one of the studies, people who **do regularly YOGA**, an incidence of **Atrial fibrillation** (ie irregular heartbeat) was **reduced by 50%**



+91 93269 53406

DASH Diet Programs



DASH which is a **Dietary Approach to Stop Hypertension** is a recommended diet for Blood Pressure patients.



+91 93269 53406

Reach Us



+91 93269 53406



Click To WhatsApp



ninepearl.com@gmail.com



www.drsachinkumarpatil.com

Improve Your Heart Condition!

Book Appointment

Follow Us On

