

HEART ATTACKS AND WATER !

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night.

Why people need to urinate so much at night time.

Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.

Correct time to drink water...

Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body

- 2 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed - avoids stroke or heart attack

Water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnoea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.
The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.
2. Aspirin lasts a really long time in your medicine chest, for years, (when it gets old, it smells like vinegar).

Why keep Aspirin by your bedside? It's about Heart Attacks.

There are other symptoms of a heart attack, besides the pain on the left arm.

One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 000.

Phone a neighbour or a family member who lives very close by.- Say "heart attack!" - Say that you have taken 2 Aspirins.

Take a seat on a chair or sofa near the front door, and wait for their arrival and ...

DO NOT LIE DOWN!