

# Tips of heart pain

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The breathless pain, because of the heart pain, appears when someone is doing the activity of the physically work, for example: walking, going up the stairs, sweeping, washing and the other specific activities. On the other hand, when someone undergoes the psychologically disturbance, for example: surprise, shock, fear, stress and the other similar things. For those who have been in the serious condition, this disease can appear any time.

Some trouble symptoms of the heart are:

1. The left chest feels pain (like jabbed or crumbled up)
2. The pain flows from the chest to the left arm.
3. The pain also felt on the left back.
4. Shocking easily, worrying and palpitating.
5. Awakening from sleeping, the chest feels palpitating.
6. The body often feels weak as if powerless.
7. The breath feels breathless, similar with the lung disturbance.
8. The palm and the feet have water, cold and pale.
9. The certain nerves in the left chest undergo pain compressed.

These are several tips for prevention and healing:

What needs to do to avoid contaminating the heart pain?

1. Avoid the coconut milk food, fatty and high cholesterol.
2. Avoid the food of the jerohan type (kind of the animal viscera) and the fast food / the delicious food . Consume the food according to the understanding and the hygiene. You are better to balance between the vegetables and the meats.
3. Control the emotion in the daily life.
4. Do the sport routinely, although only light sport. Jogging appropriately, it is better than walking fast.

What should be done if you are too late for undergoing the heart pain?

1. Normalization of PENNASIA obviates you from the dependency of the medicine, and the side effects of the medicine consumed in the long period.
2. Do the activities as usual as possible, listen to the phone tinkle, and do not walk in a hurry.
3. Do the special light sport for the heart healthy.
4. Avoid the heavy sport as weight lifting, or the sport, which has character of chasing as the badminton, tennis, because those sports are unfavourable.

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5. Avoid the heavy work as porter, coolie, digging, because those activities are unfavourable.

Hopefully the sufferers of this illness will get well soon.

And additional information: in a few days later, Pennasia

Normalization will launch Technique of Diabetes Therapy for free charge in my site. You can tell your friends or someone that suffers diabetes about this good information. Good luck and God bless you!!

Regards,

<http://www.pennasianormalization.com> Pennasia Normalization

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