

# Natural Medical Solutions Wellness Center



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## *February is Heart Health Month*

**in this issue:**

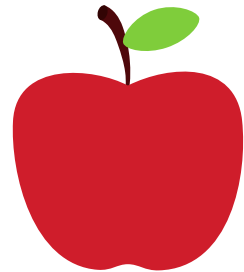
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- **WAYS TO KEEP YOUR HEART  
HEALTHY**
  - **SIGNS AND SYMPTOMS OF HEART  
PROBLEMS**



# How to keep your heart healthy



- Eat healthy
- Be active
- Stay at a healthy weight
- Avoid smoking
- Meditation
- De-stress yourself
- Look after your mental health



## Your risk may be higher if you:

- Are a woman over 55
- Are a man over 45
- Have a history of heart disease in your family

February 6th, 2020

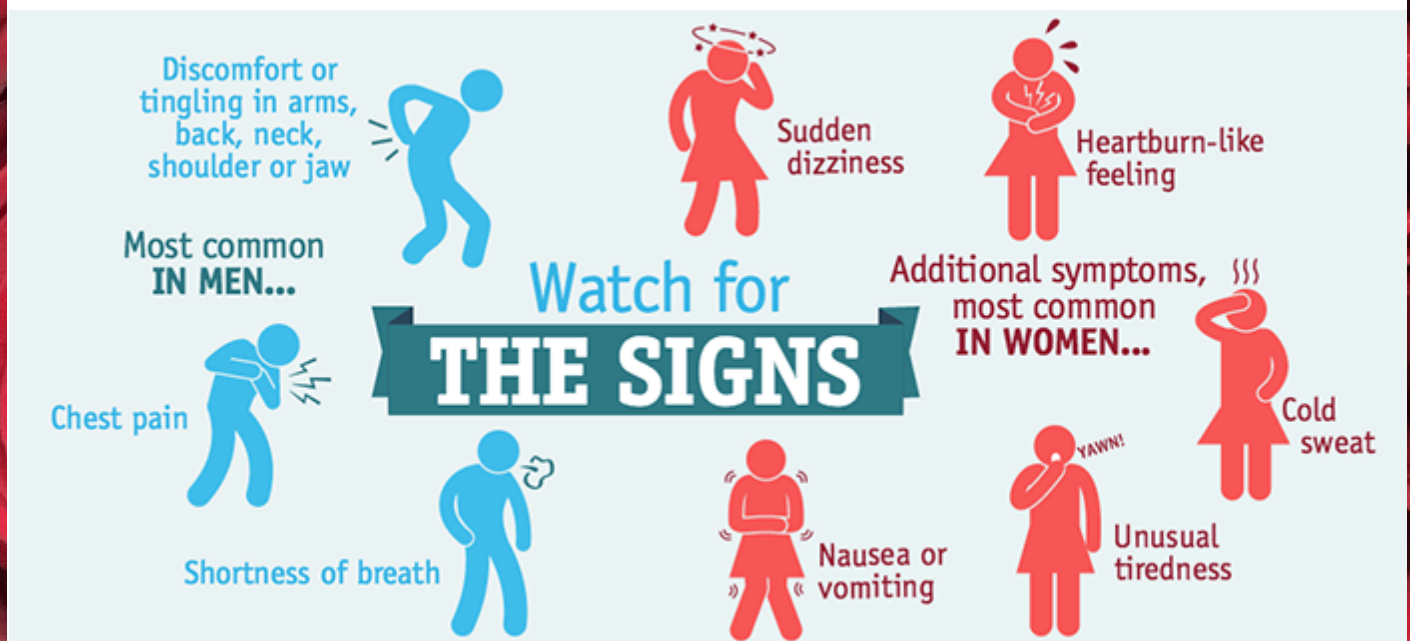
# Signs and symptoms of heart problems

Heart problems are not something to be taken lightly.

Sometimes, you may not experience any symptoms at all, but if you do, here are some of the most common ones:

- Arm/back/neck pain
- Shortness of breath
- Dizziness
- Heartburn like feeling
- Nausea/vomiting

Not everyone experiences the same symptoms and it is possible to get ahead of the problem. Remember to keep your heart happy and healthy for a long time.



Contact Natural Medical Solutions at 770- 674- 6311 to schedule a consultation and meet your health goals

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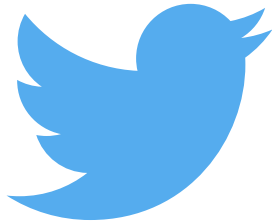
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