

To sum up:

There is a wide range of possibilities of reducing the risk of a heart attack. The chances that are available must, however, be taken; nothing happens by itself! **You can, and must do most of this yourself. Blind trust in the prevailing medical business does not appear to be the answer; your brains and your courage are required.** To strengthen the “PNS” and to fill the “yin-defect” with “vital yin”, please be kind to yourself and take care. Don’t forget to look after both, body and mind: by keeping to a good diet, doing yoga, chi kung, or similar practices, getting enough sleep and relaxation, and above all, by remaining emotionally open. Try to get and take some ouabain! If you proceed calmly and patiently down this track, then you have the best chances of being healed

