What can be done to prevent a heart attack?

1. Benefits for body and mind
2. “Ouabain”: the wasted opportunity
3. To sum up

Heart attacks have various causes. “Soft plaques” are one of the more rare causes of heart attack. The weakened or blocked “PNS” definitely plays an important role. In Section 4, I mention the “Tako-Tsubo Syndrome”. Other factors that play a role in the development of heart attacks remain to be discovered.

In the following statements on heart attack prevention, I concentrate on measures to strengthen the “PNS”, as this is as yet unknown territory. A lot of benefits for “body and mind” can help to reduce your heart risk. A special chapter deals with “ouabain”, an outstanding plant drug which is ignored by academic medicine.