

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.