

Heart Health:
Online Workshop Outline

- 1) Heart Disease is not felt until ___ to ___ years after you have it.
- 2) The first sign of heart disease for many is _____.
- 3) True or False. Heart disease is becoming more prevalent in younger generations every year.
- 4) What is the world's number one death-causing disease?
 - a. Cancer
 - b. Cardiovascular Disease
 - c. Diabetes
- 5) True or False. The following are all early warning signs of a heart attack:
 - a) _____ Chest pain or discomfort
 - b) _____ Hot hands and feet
 - c) _____ Flu like symptoms
 - d) _____ Slurring Speech
- 6) If experiencing any early warning signs or a heart attack one should take _____ and call 911.
- 7) A symptom such as high blood pressure can be an early warning sign for _____.
- 8) True or False. Heart disease is normal with aging.
- 9) _____ is caused by subluxation, medications, sugar, grains, toxicity, and stress. This can cause increased blood pressure.
- 10) The nerves that exit from _____ control the heart.
- 11) The number one deficiency is from decreased nerve flow due to _____.
- 12) You must have _____ compression to feel a pinched nerve.
- 13) Forward head posture and taking medications are the two most common ways people adapt to _____.
- 14) True or False. We must get adjustments weekly until our x-rays are corrected.
- 15) The majority of people think they are healthy because they have no _____.
- 16) All sickness and disease is caused by _____ and _____.

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