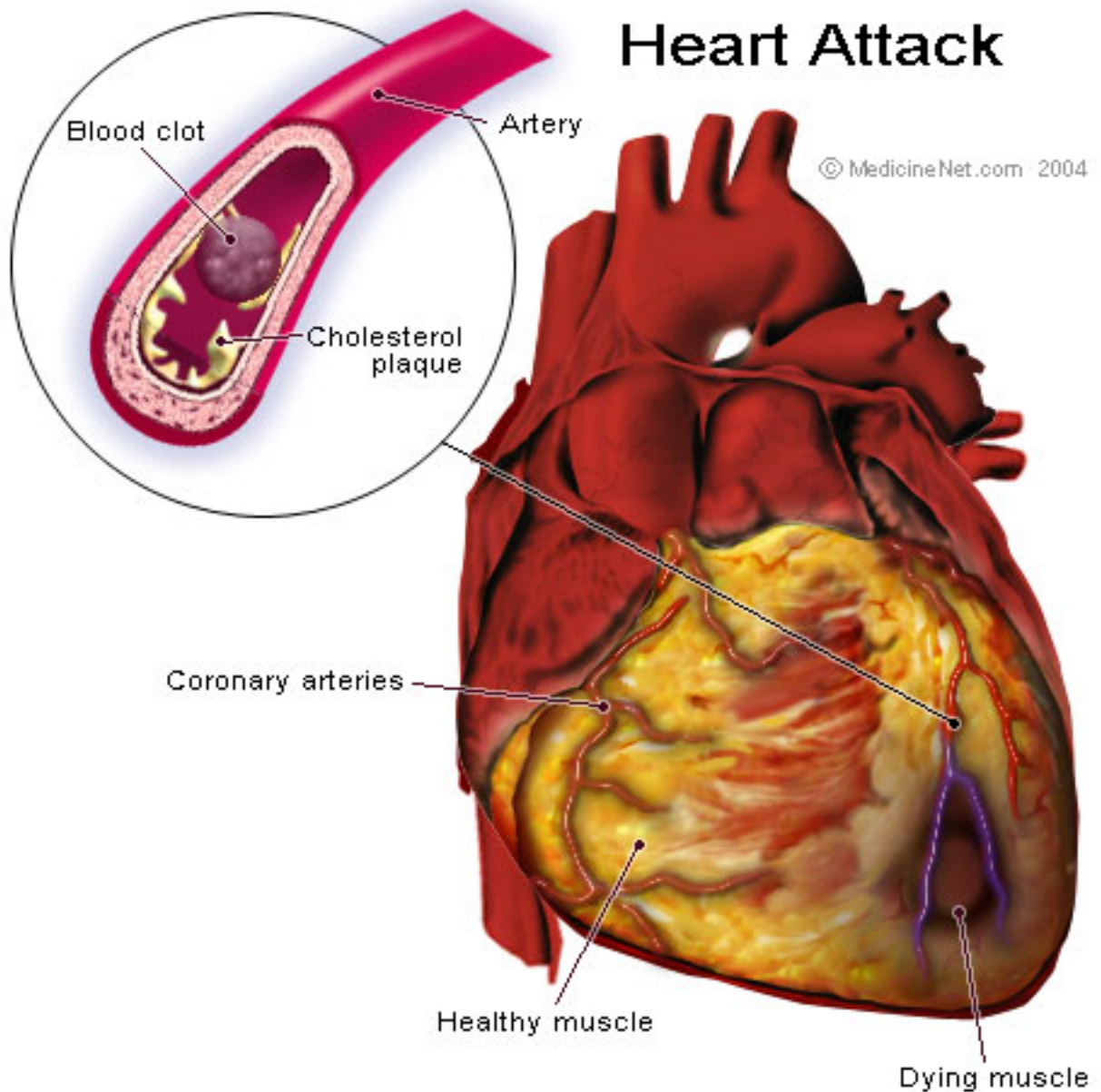


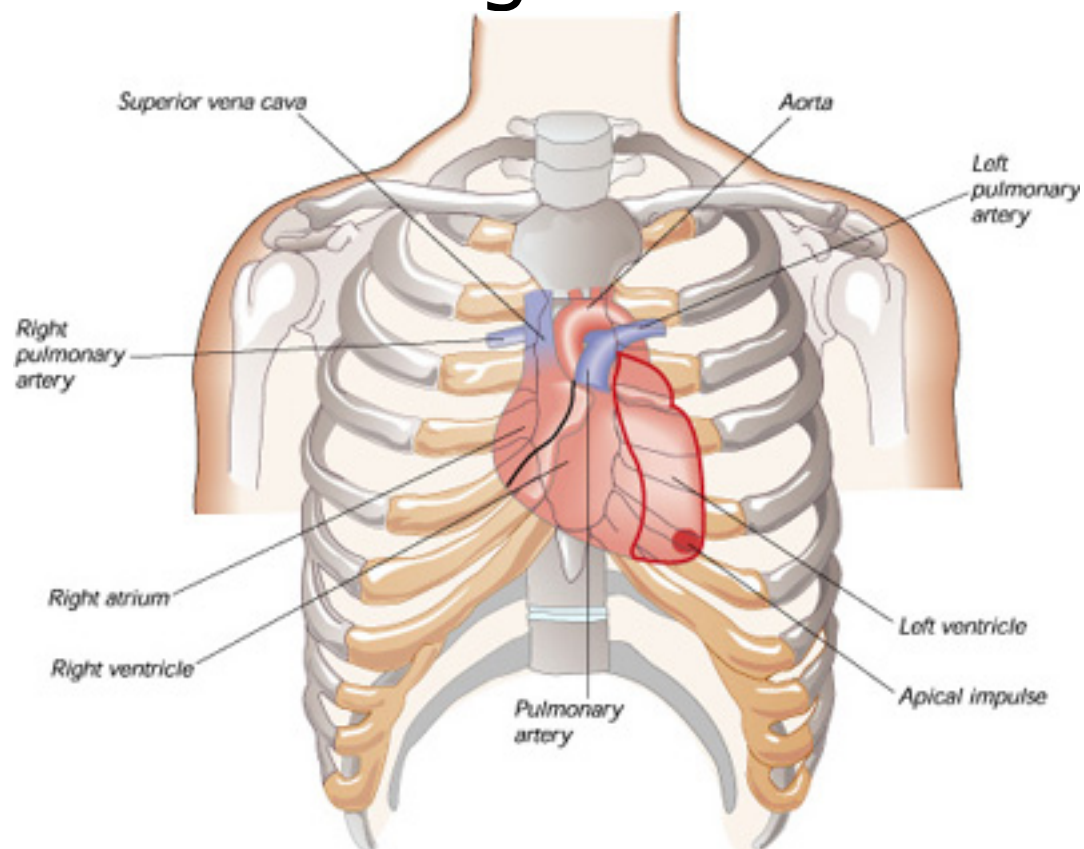
Heart Attacks And Hot Water

A very good article which takes two minutes to read. **Heart Attacks And Drinking Warm Water**



This is a very good article. Not only about the warm water after

your meal , but about
.Heart Attacks. The
Chinese and Japanese
drink hot tea with their
meals , not cold water ,
maybe it is time we
adopt their **drinking habit**
while eating.



For those who like to

drink cold water , this article is applicable to you. It is nice to have a cup of cold drink after a meal. However , the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid , it will break down and be absorbed by the **intestine** faster than the solid food. It will line the intestine. Very soon , this will turn into fats and

lead to **cancer**. It is best to drink hot soup or warm water after a meal.

Common Symptoms Of Heart Attack... A serious note about heart attacks - You! Should know that not every heart attack symptom is going to be the **left arm hurting** . Be aware of intense **pain** in the **jaw line**. You may never have **chest pain** during the course of a heart attack. **Nausea** and **intense sweating** are also

common symptoms. 60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know , the better chance we could survive..