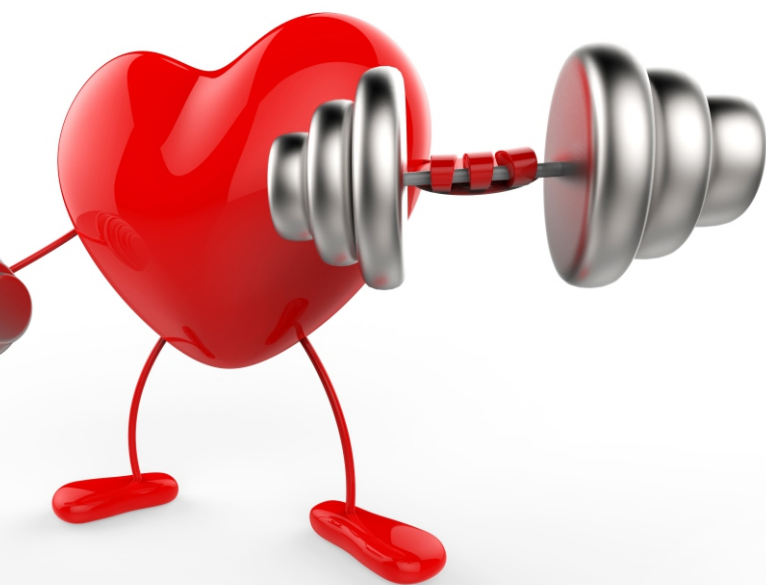




ADD 15 YEARS TO OUR LIFE
CAN WE? OF COURSE, WE CAN!!

Add 15 Years | Heart Health - Update

USA/India Edition 2021 ENGLISH



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ADD 15 YEARS TO OUR LIFE
CAN WE? OF COURSE, WE CAN!!

WHY DO WE THINK WE CAN ADD 15 YEARS TO YOUR LIFE?

Think About It!

Let me give an example which all of us can identify with

Say, If we have to study for the complete year, all our subjects in the school and suppose we never really opened our books and missed so many classes, never paid attention in class.

Then surely we cannot be in the top 25% of the class, chances are, we will fail that class.

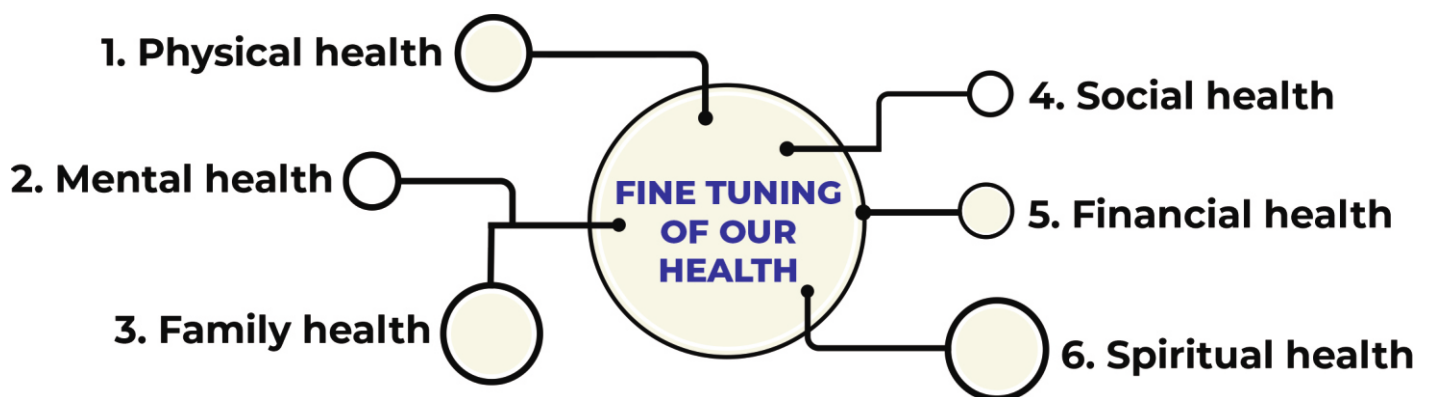
Miracles do not happen in real life.

Atleast in India (Not very common in U.S.) we seek care & M.D./ Physicians provide care and their focus is on so called “alarming symptoms” (we call it “crisis medicine”)

Personally in 2020 and in coming years, those “alarming symptoms” (called “Crisis Medicine”) should be RARE before we get into 75 to 85 years of age group.

PROVIDED

We keep **fine tuning our health** (medical definition) and gain insight about fundamental medical knowledge, we actively plan and pay attention to our:



TRUST ME ALL 6 HEALTH ARE IMPORTANT

Results will be dramatic.

DISCLAIMER

All the books that I am writing as physician . M.D. with a life time of experience (along with my team) –

mention most common medical facts which each one of us need to know in our day to day life.

Ignorance is **DEFINITELY NOT** a blessing in 2020.

I highly recommend that anybody entering middle school (8th grade i.e, a 13 year-old) should start reading these books and try to read as many as he or she can read so that they can get an insight into the most common medical facts.

These books are written in simple English and in several languages.

If we get an insight into medical facts before we get into chain smoking and excessive alcohol use etc, we can have a very healthy and a long life.

All my research and commonsense says that - starting at age 13 years, (that is when you enter your teenager years, our personality, our habits, **our likings and our dislikings -- all are pretty much shaped by the time we get to 26 years old or older.**

Both India and USA are very dear to me,

In one country I was born, I have my parents.

In the other country, I have my wife and my children.

One thing became obvious to me as I live in USA, that the population is taking advantage of the latest medical advances.

Our Indian community, all our friends and families, when we have medical issues, are really putting themselves at the mercies of Government and private hospitals and doctors (with “zero” trust).

In India, people have to spend their own money. Realizing this, I have provided all the medical information which is available to us doctors, so that one can make wise choices and confidently take their health in their own hands.

But still I request sincerely that you will not take any medications without the supervision of your own family doctors.



The facts I have provided in my books, is available in every medical book, but I write them in simple English or in your language *because how are you going to make right choices in relation to your health, if you do know what the answer is.*

Our horoscope/stars are not enough, and consulting a pandit, priest or mullah is not enough. Blind faith is not enough.

Prayers help, yes! When we do not know the answer to a situation. If our car ran out of petrol, our car will not move (how much so ever we may pray, it is not going to happen).

If you anticipate and choose wisely, you will not have a crisis. So our disclaimer is we give you that insight but Please always consult your physicians before starting on any prescription medications.



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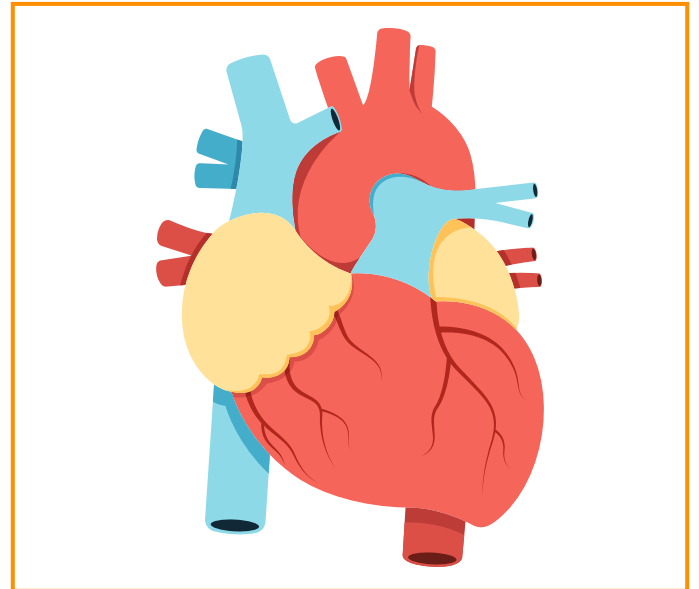
Chapter 1

Should we obsess with our heart health?

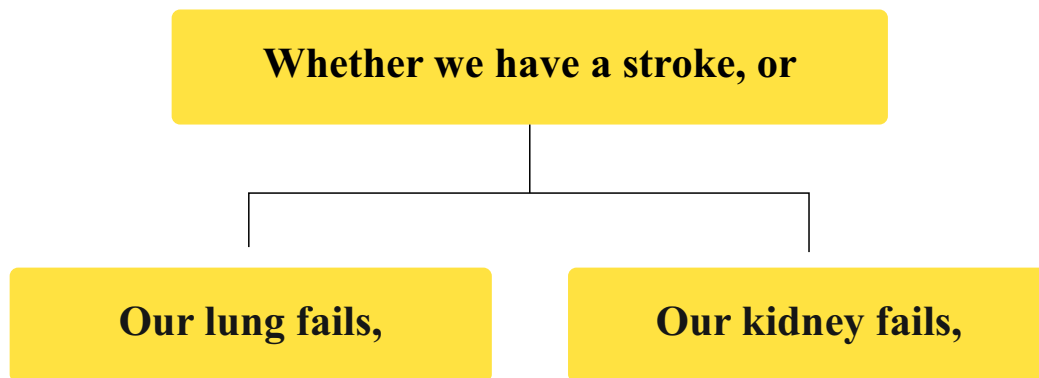
My answer is, “Why not?”

Heart attack is the only medical situation where we can **lose our life in 5 minutes**.

There are no other medical situations like that.



Chap1Fig1



Whether we have a stroke, or

- Our lung fails,
- Our kidney fails,

our system which helps to digest our food fails, and liver fail, but we do not die in 5 minutes. It may take months and years.

- In case of heart, if our heart is not healthy and we are having a heart attack then in such a situation, heart cannot effectively pump blood and oxygen to the brain.
- If our brain does not get enough oxygen, then our brain is gone. We cannot get it back.
- Medically speaking, your heart may recover, but if our brain is gone, we are gone. There is no way we can bring you back.
- **HEART**, especially in India, has become the major reason for sudden death especially in youngish population. Every family in India knows about their friends and family members who were doing well and then they were suddenly gone. There are so many stories like that.
- It does not have to happen that way. Suddenly dying at young age leaving behind your young wife and children or youngish family when you could easily live.
-----is so devastating.
- If we knew something is not right with your heart with medical knowledge and technology, we can really make you live for another 30 years, so you have to do three simple noninvasive relatively low cost test every five years which are very safe and if these tests are normal, which tells you almost 100% information about the heart, we can give it to you in writing that you cannot have heart attack in next five years.
- At present, we have the medical knowledge, medical technology expertise today and wonderful medicines as well.