



My Heart Attack Experience

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Abstract:

I started off feeling a little light headed and thought it was due to not having eaten breakfast, so made myself some toast and marmalade and a cup of tea. I was concerned that my blood glucose levels had dropped through travelling the night before. I did improve a little and settled down with the family for the rest of the day. Around 4.30pm I started getting alerts from my wrist monitor that I was wearing, it alerts me when my BP either drops too low or raises too high. It also allows me to do an ECG from the monitor. All came back within acceptable parameters.

I felt like I had indigestion (not that I have ever suffered from that) no pain just feeling uncomfortable and not my usual self. 5.15 I was still feeling unwell and suggested that my husband took me to A&E to check everything was OK. Journey from Brentwood to Romford (Nearest main hospital) I started feeling very cold, still experiencing discomfort as before, then started getting a visual disturbance and now apparently had quite a grey pallor. I was now cold and sweating profusely. Arrived at A & E at about 6pm and was taken into Triage and given blood tests.

Ambulanced to St Bart's and had surgery with Professor Timmins Lead Surgeon at Barts.

1 stent fitted to the main artery to my heart due to blockage. Then he called in a number of Drs as he said that he had never seen such narrow arteries through my body. He then made a decision to put in another 2 stents at the front of my chest as a precautionary measure.

Was released from hospital on December 24th 7pm and was dispatched with 7 different drugs.

I asked if there was anything alternative that I could do or use instead of pharmaceutical drugs as I had never taken any medication and had always followed an holistic route to my health. The answer was No, you're on drugs now for life so you better get used to it.

I did comply with the drug regimen of Aspirin, Bisoprolol Fumarate, Ramapril, Atorvastatin, Lomeprazole, a Nitrate spray and another drug that I can't remember the name of I was only on that



for 1 year. I also started researching about how I could reduce inflammation in my organs (heart being the obvious one) and it kept coming up with increasing intake of Omega 3 in my diet. I have been an Omega 3 fish oil taker for over 3 years so dismissed that as I thought I was doing everything I could to improve the situation.

In May 2019 I met someone who asked me a simple question, how did I know that the Omega supplement was working. Well truth be known, I did not know. I had been taking supplements all of my adult life and had no proof or validation that they were helping in anyway.

Biography:

She is passionate about Self Care and offers an opportunity to be part of a Nordic movement by taking responsibility for your own health and wellness. Unique and natural solutions to health. almost 30 years of Experience in Network Marketing. Enabling her to help others achieve better health and finances. It's simple, it's fun, and also very rewarding. Whether as a Customer or a Partner - Put a bit of balance into your life!

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