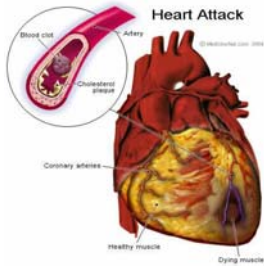


JACQUES F. LIWANPO

CHARTERED ACCOUNTANT
CERTIFIED FINANCIAL PLANNER

Choose with confidence, get the CA and CFP advantage



Drinking Warm Water : Heart Attacks And Drinking Warm Water

The Chinese and Japanese drink hot tea with their meals, not cold water, maybe it is time we adopt their drinking habit. It seems that it is best to drink hot soup or warm water after a meal.

For those who prefer to have cold drinks with meals, this article may be of interest to you.

It's nice to have a cold drink after a meal. However, the cold water may solidify any oily food consumed. This 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 may in time lead to cancer.

Common Symptoms Of Heart Attack: A serious note about heart attacks

Everyone 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. It is possible to have **NO** 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.

