

# The Bill Edwards Heart Beat Newsletter, 2009 Index

News	Recipes
<b>January 2009</b>	
Pomegranates for the prostate and the heart	Baked Parmesan Tomatoes
Microwave cooking and nutrition	Shrimp Saganaki
<a href="#"><u>Stents and Medication Therapy Offer Equal Angina Relief After Three Years</u></a>	Grilled Rosemary-Scented Chicken
Lipid Control May Require More than a Statin	Sweet & Sour Onion Jam
Glucosamine: the news is in.	
Vitamin D May Help Keep Your Heart Strong	
<b>February 2009</b>	
Core conditioning: It's not just about abs	Grilled Tuna with Olive Relish
The JUPITER Study.	Parsley-Olive Relish
C-Reactive Protein Test: An Overview.	Roasted Zucchini & Pesto
	Roasted Apple & Cheddar Salad
	Egg & Salmon Sandwich
<b>March 2009</b>	
Lifelong Exercise	Chicken & Spiced Apples
7 Sleep Myths	Potato & Sweet Potato Torte
Did You Really Need that Angioplasty?	Mixed Greens & Oranges with Balsamic Vinaigrette
Can eating dark chocolate help lower your blood pressure?	
Slim Chance Awards Issued	
What time of day should blood pressure be measured?	
Thrombosis Risk	
<b>April 2009</b>	
Ischemic Strokes Rise Steeply with Age Even in Young	Spring Chicken & Barley Soup
Guidelines on Controlling Pain Without Raising Your Blood Pressure	Vegetable & Sausage Skillet Supper
Exercise Necessary for Permanent Weight Loss	Cinnamon Oranges
Stents and Bypass Each Have a Role In Treating Coronary Artery Disease	
Test Can Check Stroke, Heart Attack Risk	
Treat Periodontitis to Help Prevent Arterial Disease	
Talk to Your Doctor Before Stopping a Medication	

<b>News</b>	<b>Recipes</b>
<b>May 2009</b>	
FDA Uncovers Additional Tainted Weight Loss Products	Garlic-Rosemary Mushrooms
Heart Disease: Combined Treatment Is Best	Honey-Soy Broiled Salmon
Men and Women Get Different Benefits from Daily Aspirin	Edamame Succotash with Shrimp
Know the Signs of a Mini-Stroke	Spinach Salad with Japanese Ginger Dressing
Exercise Can Reduce a Stroke's Severity and Improve Recovery	
<b>June 2009</b>	
Cyberchondria: just a click away.	Country Potato Salad
Get Informed to Help Lower Your Risk of Blood Clots	Potato-Horseradish-Crusted Mahi-Mahi
Another Reason to go Easy on the Salt Shaker.	Salt & Vinegar Roasted Potatoes
Keeping Tabs on Your Glucose 24-7	Loaded Twice-Baked Potatoes
A-B-Cs of Heart Health: Know Which Vitamins You Need Most	
Wake-Up Routine May Also Reduce Stroke Risk	
<b>July 2009</b>	
Men and Women Get Different Benefits from Daily Aspirin	Arugula & Strawberry Salad
Keeping Tabs on Your Glucose 24-7	Strawberry, Melon & Avocado Salad
How Long Do Medications Last?	Grilled Chicken Salad with a Fresh Strawberry Dressing
The obesity epidemic in the US is due solely to increased food intake	Fresh Strawberry Dressing
Take Control of Triglycerides	
What You Need to Know About Nitroglycerin	