

# CORONARY HEART DISEASE INCREASES WITH YOUR WAIST

A recent study which followed almost a half million older women compared their waist line to their risk of developing coronary heart disease (CHD). The authors found that the larger a woman's waist, the greater her chances of CHD.<sup>1</sup>

Interestingly enough, the differences between the most healthy waist circumference and the least healthy was less than 5". Women with waists of 27" or less were found to have the lowest risk of CHD. Women with waists of 31.5" or more were found to have the greatest risk.

What is important to note is that the risk of CHD was computed by combining the women's waist circumference with their Body Mass Index (BMI). This means that the risk of CHD comes from an increase in belly fat.

If you haven't done so in a while, it is probably a good idea to measure your waist now. To do so, take a soft tape measure, stand up straight, exhale (no sucking in your tummy) and measure your waist an inch or two above your hip bones. Your doctor can do this for you if you like.

If your waist measures more than 27", even if you are not excessively overweight, you are at a greater



risk for CHD. In addition to coronary heart disease, you may also be at a greater risk for Type 2 diabetes, colorectal cancer, breast cancer and a host of other ailments you would rather avoid

The only real effective means of reducing belly fat is through weight loss.

The best weight loss programs are ones that release toxins from your body and include eating healthy, moderate exercise and plenty of water. This will not only help you lose the belly fat, but also increase your overall health and fitness.

Your doctor is part of a group of over 2,000 doctors who are utilizing detoxification as a means to help patients lose weight and regain their health.

Please take this article with you and any questions you may have when you see your doctor.

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1. Coronary heart disease incidence in women by waist circumference within categories of body mass index. Dexter Canoy, Benjamin J Cairns, Angela Balkwill, et al. European Journal of Preventive Cardiology.

**Contact Your Doctor for More Information:**