



Matthew David Miglin Releases Information On Heart Attacks And Heart Disease Prevention

November 12, 2015

November 12, 2015 - PRESSADVANTAGE -

Matthew David Miglin, LCPC, Marine to Business and Money Strategist, CEO of Voice of Prosperity & Speaker/Coach/Author/Contractor, is known for his work on helping people build wealth. However, he recently suffered a heart attack, which made him reevaluate the important things in life. As can be seen on his LinkedIn profile on <https://www.linkedin.com/in/matthewmiglin>, this is a new avenue for him, but one that he feels fits in with the work he has previously done.

"Throughout my career, I have been under a whole lot of stress and the people I work with tend to be in the same situation," says Matthew Miglin. "Stress is an absolute killer and needs to be reduced and even avoided as much as possible. I will integrate healthy living practices and tactics in all future work that I do."

Heart attack and disease prevention is all about preventing medical conditions from occurring and treating the ones that are present. This is achieved, in the main, through healthy living practices. It is a known fact that busy executives and businessmen like Miglin and the people who work with him, often don't have the time to properly look after themselves. Reviewing the life of Miglin himself, which can be seen on <http://www.matthewdavidmiglin.com>, one can easily see how busy he was.

"He travels from one seminar to another, meeting executives, going for dinners and more," says cardiologist Dr. Ramnan Chuptra, M.D. "These dinners may be tasty, they certainly aren't healthy. And with the traveling, the stress of running executive meetings and holding responsibility for the finances of many other people, he literally ran himself into the ground. He should have visited his doctor sooner and I am glad that he is now promoting this himself. Miglin is a success story, as with most of his life, and the fact that he uses this to inspire success in others is commendable."

Miglin also wants to point people to information provided by the Centers for Disease Control and Prevention through <http://www.cdc.gov/heartdisease/prevention.htm>. This gives excellent pointers on how to implement healthy living habits, even for the busy executive.

###

For more information about Matthew David Miglin, contact the company here: Matthew David Miglin
Matthew Miglin 973-579-3322 chapelwood@gmail.com 708 Willow Drive Newton, NJ 07860

Matthew David Miglin

Marine to Business and Money Strategist! CEO of Voice of Prosperity & President of Chapelwood Home Services, as well as a Speaker, Coach, Author, and Contractor, helping individuals and family's with their careers, incomes, homes, and walk with God.

Website: <https://www.linkedin.com/in/matthewmiglin>

Email: chapelwood@gmail.com

Phone: 973-579-3322

