



The Everything Guide to Preventing Heart Disease: All you need to know to lower your blood pressure, beat high cholesterol, and stop heart disease in its tracks (Everything (Health))

Murdoc Khaleghi MD

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If you have heart disease, you know that beating this condition involves more than just taking medication or trying to eat healthier--it entails a complete lifestyle overhaul! This guide takes a contemporary medical and holistic approach to fighting the disease, and helps you make the changes that can mean the difference between life and death. This guide includes:

- Information on how heart disease affects your body, and what medications, diets, and exercises effectively combat it
- A specific focus on preventing heart disease in young adults and adolescents
- Up-to-the-minute medical advice, stress-reduction techniques, and alternative therapies
- 150 delicious, heart-healthy recipes

This book places power and control back into your hands, arming you with the knowledge and tools you need to fight back against heart disease and live a happier, healthier life.

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The Everything Guide to Preventing Heart Disease: All you need to know to lower your blood pressure, beat high cholesterol, and stop heart disease in its tracks (Everything (Health)) can be one of your basic books that are good idea. We recommend that straight away because this guide has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to place every word into pleasure arrangement in writing The Everything Guide to Preventing Heart Disease: All you need to know to lower your blood pressure, beat high cholesterol, and stop heart disease in its tracks (Everything (Health)) yet doesn't forget the main stage, giving the reader the hottest and also based confirm resource info that maybe you can be one among it. This great information can drawn you into new stage of crucial pondering.

Michael Martin:

In this particular era which is the greater man or who has ability in doing something more are more treasured than other. Do you want to become considered one of it? It is just simple method to have that. What you have to do is just spending your time not very much but quite enough to experience a look at some books. One of the books in the top record in your reading list is usually The Everything Guide to Preventing Heart Disease: All you need to know to lower your blood pressure, beat high cholesterol, and stop heart disease in its tracks (Everything (Health)). This book which is qualified as The Hungry Slopes can get you closer in becoming precious person. By looking right up and review this publication you can get many advantages.

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