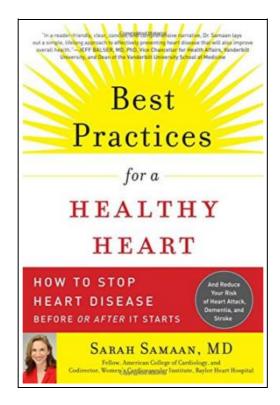
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This is actually the finest ebook we have go through until now. It is writter in straightforward words and phrases instead of difficult to understand. Its been designed in an remarkably straightforward way and is particularly just following i finished reading through this book by which basically changed me, change the way in my opinion.

(Gillian Wisoky)

BEST PRACTICES FOR HEALTHY HEART (PAPERBACK)



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The Experiment LLC, United States, 2012. Paperback. Condition: New. Reprint. Language: English. Brand New Book. The heart beats more than 2,500,000,000 times over the average life--and, despite great strides in medicine, prevention is still the best way to keep your heart running strong. If you want to help your heart--and especially if you already have a cardiac diagnosis, high cholesterol, high blood pressure, or a family history of heart disease--Best Practices for a Healthy Heart is your complete guide to cardio care. For more than twenty years, award-winning, board-certified cardiologist Dr. Sarah Samaan has treated thousands of patients and tirelessly kept pace with the latest research--and now, she condenses her best advice into 7 easy steps on how to: - Take charge of your numbers --your weight, cholesterol, heart rate, and blood pressure - Make heart-smart choices about food, exercise, and stress - Work with your doctor to design the right treatment for you - Tell which supplements and alternative therapies really help - Avoid vices that will harm your heart--and much more! Put these best practices in action today, and you will decrease your risk of disease and dependence on medication, experience a wealth of positive side effects (from a smaller waistline to a happier outlook!), and soon be seven steps nearer to optimal heart health.



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