



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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of date, spending your time by reading in this completely new era is common not a geek activity. So what these guides have than the others?

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