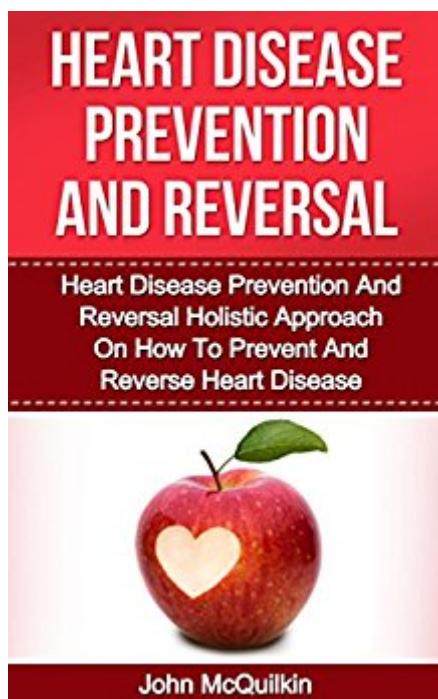


The book was found

Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice



Synopsis

Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice

Get this bestseller today

You're about to discover what you need to know to prevent and reverse heart disease in an easy to understand format. This book was written to help all those who are suffering from heart disease and want to reverse it. It was also written for people with whom heart disease runs in their family and are looking for ways to prevent it. Awareness of all kinds and types of disease can lessen the number of people dying with heart problems. In women, heart disease is the number one cause of death, next is cancer. The heart may stop beating anytime, anywhere, and at any place. Isn't it time you start taking better care of yourself and especially your heart? You already know the answer to that... past time. Now it is time to take the next step on the road to wellness. I wish you all the success in the world as you undertake one of the most important missions of your life, improving your health. Remember... you can prevent and reverse heart disease and this book will help you do it!

Here Is A Preview Of What You'll Learn...Understanding The Heart

The Different Types of Heart Diseases

What Causes Heart Diseases?

How To Prevent Heart Disease

Top 25 Heart Friendly Fruits, Vegetables, Nuts and Grains

And So Much More!

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Customer Reviews

This is a guide to the basics of heart disease: what it is, where it comes from, what steps to take to prevent it, and what you can do if you've already got it. It first covers how the heart functions and how it can malfunction if it becomes diseases, and then goes over the various types of heart disease and their symptoms, with detailed descriptions and what to look for if you think you may have one of several types of heart disease.. It talks about the causes of heart issues, like poor diet, genes, smoking, stress and obesity and then about 10 lifestyle changes that can be made to help get your heart healthier, no matter what type of heart disease you may have or what caused it or whether you're just concerned about getting heart disease. The guide ends with a list of foods and vitamins that can be added to your diet to help heart health, with what they are, how they help the heart, and how to use them. I got this because of a family history of heart disease and I was interested in making sure I'm doing all I can to protect my heart proactively. This was a helpful primer on what heart disease looks like, where it comes from, and what to do to stave it off that reinforced my feeling of wanting to do all I can to keep my heart healthy. I'd recommend it for anyone interested in starting to get serious about heart health.

After my father had to undergo bypass surgery last year and I was diagnosed with high blood pressure on my 31st birthday, I decided to educate myself on the topic of heart disease. I've always considered myself to be fairly health-conscious. But, after reading this informative guide by John McQuilkin, I became aware of how much I did not know about heart disease. The author does a splendid job of exploring the causes and types of heart disease before delving into treatment

options. Where the book really shines is in its discussion of nutritional strategies that people can use to prevent and/or remedy this condition. This section alone makes this book worth reading in my opinion. Ideally, heart disease will never affect any of us. But, unfortunately, we don't live in a perfect world. Consequently, if heart disease runs in your family, it behooves you to check this book out.

I'm a fanatic of healthy living, especially eating natural and organic products. I already read other 2 books from the author, John McQuilkin, "Live longer and look younger with chia seeds" and "anti-aging superfoods", two excellents and straight to the point guides that were in part responsible for me getting into these kind of diets and healthy routines. This book, kinda completes the collection and goes deeper into good habits and holistic methods of preventing heart disease. It lays out the main notions about the heart, what causes its diseases, the main habits needed to prevent them and a step by step walkthrough about the greatest and most beneficial fruits, vegetables and grains you can eat for a healthier heart. If you are determined and want to benefit from the healthiest body possible, this is one of the books you need to read!

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