



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

John McQuilkin

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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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