



Conquering Heart Attacks and Strokes: A Simple 10-Step Plan for Lifetime Cardiac

By Berner, Mark. Harrar, Sari.

Reader's Digest. 1 Paperback(s), 2011. soft. Book Condition: New.

This practical guide reveals how you can dramatically reduce your risk of heart attack or stroke by considering just nine key factors of your diet and daily routines. It explains the role that foods like fresh fruits and olive oil can play in keeping your arteries clear, why abdominal fat is far more dangerous than the fat on your thighs, and how everyday indulgences consuming red wine or dark chocolate, having a massage, or laughing with friends can actually aid you in the fight against heart attack and stroke. 256.



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