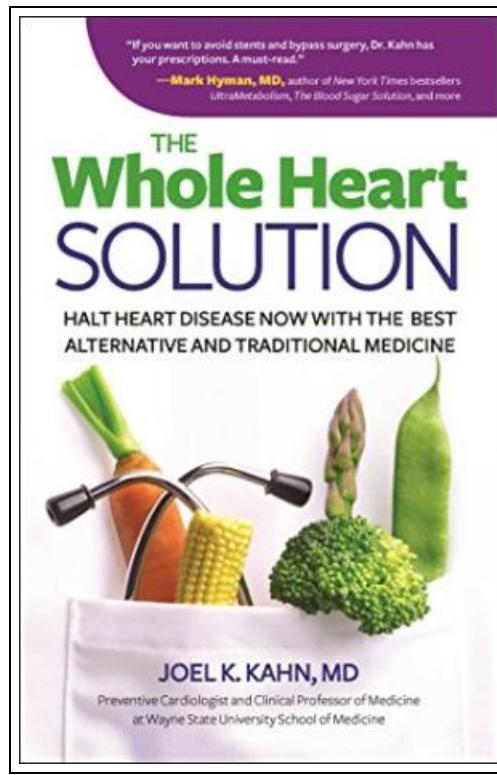


## The Whole Heart Solution: Halt Heart Disease Now with the Best Alternative and Traditional Medicine



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Readers Digest. Hardcover. Book Condition: New. Hardcover. 320 pages. Dimensions: 9.1in. x 6.1in. x 1.1in. Cardiovascular disease (CV) is the number one killer in the Western world. But it doesn't need to be. The truth is that more than 75 percent of cases of heart attacks, strokes, and other cardiovascular disease events are preventable. In *The Whole Heart Solution*, Americas Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right away from drinking your veggies to opening your windows to walking barefoot to make yourself heart attack proof. Heres what leading physicians and other experts have to say about *The Whole Heart Solution*: If you want to raise your heart energy, keep your heart arteries clean, and identify the root causes of heart disease to avoid stents and bypass surgery, Dr. Kahn has your prescriptions ready to use. This is a unique manual of caring for your heart by taking out the bad stuff and putting in the good stuff. A must-read. --Mark Hyman, MD, New York Times bestselling author of *UltraMetabolism*, *Blood Sugar Solution* and others Coronary artery disease and heart attacks are avoidable through superior nutrition. Dr. Kahn can lead the way to change the face of cardiology in America. --Joel Fuhrman, MD, New York Times bestselling author of *Eat to Live*, *The End of Diabetes* and others, Board Certified Family physician, Research Director of the Nutritional Research Foundation This is an important book that everyone needs to read. Dr. Kahn is an expert at translating complex information into easy-to-understand, usable techniques to have a better heart and brain. --Daniel G. Amen, MD, New York Times bestselling author of *Change Your Brain, Change Your Life* and others Heart disease is mostly preventable, and if we all took a page from Dr. Joel Kahn,...

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