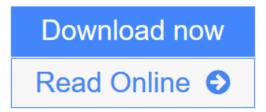


Healthy Heart Handbook: How to Prevent and Reverse Heart Disease, Lower Your Risk of Heart Attack and Cancer, Reduce Stress, Lose Weight Witho

Neal Pinckney



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Healthy Heart Handbook: How to Prevent and Reverse Heart Disease, Lower Your Risk of Heart Attack and Cancer, Reduce Stress, Lose Weight Witho Neal Pinckney

The accumulation of Dr. Pinckney's thorough research, this comprehensive cardiac care manual is a nononsense guide to preventing and reversing the nation's #1 killer--heart disease. The book includes 76 easyto-prepare, low-fat recipes, plus tips on reducing stress, losing weight without hunger, and ways to reduce the risk of heart attack and cancer.



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