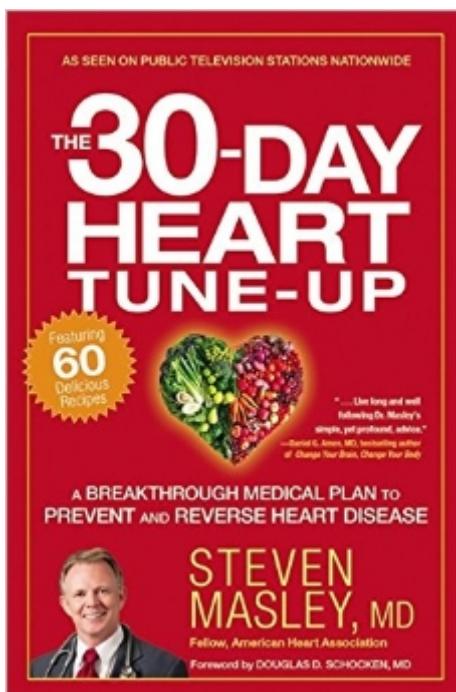


The book was found

The 30-Day Heart Tune-Up: A Breakthrough Medical Plan To Prevent And Reverse Heart Disease



Synopsis

THE 30-DAY HEART TUNE-UP takes readers step by step through a revolutionary program to tune up their hearts, energy, waistlines, and sex lives, with 60 delicious recipes to help jump-start a heart-healthy diet. Cardiovascular disease is the #1 killer of Americans today. But, the good news is that everyone—regardless of size, genetics, gender, or age—can treat arterial plaque and prevent heart attacks and strokes with this book. The keys to the program are shrinking arterial plaque, improving circulation, and strengthening your heartbeat. The tools in this book include heart-healing foods, exercise that strengthens the heart and arteries, stress management, and a customized heart-friendly supplement plan. THE 30-DAY HEART TUNE-UP program is easy, fast, and could even be called sexy. Dr. Masley devotes a chapter to showing how improving heart health enhances sex drive and function in both men and women.

Book Information

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Customer Reviews

Great book and who couldn't love a doctor who is also a nutritionist and chef. Some of the highlights for me:â¢ Why a little bit of stress is healthy and how important love and support isâ¢ How romance and a cuddle raises oxytocin and lowers cortisolâ¢ How we have disease-care and not health-care and why we must focus more on blood sugar than cholesterolâ¢ For every woman who dies of breast cancer, 6 women die from heart diseaseâ¢ His 4 tests for assessing risk for heart disease: (the four Fs to fantastic heart health): fitness, fiber, body fat and food/nutrients. His top advice is to be fit (he has a fitness test in his book) and eat 30g of fiber a day!â¢ The carotid

IMT/ intimal medial thickness test (this was new to me!) and the advanced lipid profileâ ¢ How statins donâ ¢t help reduce the risk of heart disease in women and some of the side-effects. I was aware of muscle aches and memory loss but did not know that they lower testosterone levels and raise blood sugarâ ¢ The five new categories of food that will prevent and reverse heart disease: fiber, lean and clean protein, healthy fats, beneficial beverages and fantastic flavors. I love his last category â “ herbs, garlic, ginger, turmeric!â ¢ The top two foods that cause heart disease: Refined carbs/sugar/flour and trans fat/partially hydrogenated oils. Not fat, and not cholesterol!This book is important for me and my clients because of the link between anxiety and increased risk of heart disease. The wonderful thing is that by following the guidelines in this book, your heart will be healthy and youâ ¢ll likely start to feel less anxious! If you are super-sensitive to caffeine then just use common sense when it comes to Dr.

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