



# Foods That Combat Heart Disease

*Lynn Sonberg*

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**Foods That Combat Heart Disease** Lynn Sonberg

## **EAT RIGHT -- LIVE *MUCH* LONGER!**

Heart disease is the number-one killer of men and women in the United States. Yet, in many cases, this deadly condition is preventable. Simply by switching to a heart-healthy diet, the risk of heart disease can be significantly reduced . . . *by as much as 70%!*

No longer will confusing, outdated information and misconceptions about what truly constitutes a heart-strengthening diet be an impediment to a healthy lifestyle.

*Foods That Combat Heart Disease* breaks down all the research and presents the all-important findings in a clear and comprehensive format.

This indispensable guidebook includes:

- An easy-to-use nutrition counter featuring more than 2,000 foods, highlighting their heart disease-fighting properties
- Menu plans and delicious, heart-friendly recipes for every meal of the day
- The latest facts and research presented in a readable and accessible language
- Invaluable tips on how to get started today on your new, heart-healthy lifestyle!

## **FOODS THAT COMBAT HEART DISEASE**

A fresh start to a healthier life!

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#### **Mildred Lyons:**

A lot of people always spent their free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity here is look different you can read a book. It is really fun for yourself. If you enjoy the book that you just read you can spent all day long to reading a guide. The book Foods That Combat Heart Disease it doesn't matter what good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. In case you did not have enough space bringing this book you can buy often the e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not to cover but this book features high quality.

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