



Best Practices for a Healthy Heart: How to Stop Heart Disease Before or After It Starts

Sarah Samaan

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The heart beats more than 2,500,000,000 times over the average life—and, despite great strides in medicine, prevention is still the best way to keep your heart running strong. If you want to help your heart—and especially if you already have a cardiac diagnosis, high cholesterol, high blood pressure, or a family history of heart disease—*Best Practices for a Healthy Heart* is your complete guide to cardio care. For more than twenty years, award-winning, board-certified cardiologist Dr. Sarah Samaan has treated thousands of patients and tirelessly kept pace with the latest research—and now, she condenses her best advice into 7 easy steps on how to:

- Take charge of your “numbers”—your weight, cholesterol, heart rate, and blood pressure
- Make heart-smart choices about food, exercise, and stress
- Work with your doctor to design the right treatment for you
- Tell which supplements and alternative therapies really help
- Avoid vices that will harm your heart—and much more!

Put these best practices in action today, and you will decrease your risk of disease and dependence on medication, experience a wealth of positive “side effects” (from a smaller waistline to a happier outlook!), and soon be seven steps nearer to optimal heart health.



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Jack Johnson:

Reading can called imagination hangout, why? Because while you are reading a book specially book entitled Best Practices for a Healthy Heart: How to Stop Heart Disease Before or After It Starts your mind will drift away trough every dimension, wandering in most aspect that maybe unidentified for but surely will become your mind friends. Imaging every single word written in a reserve then become one form conclusion and explanation this maybe you never get prior to. The Best Practices for a Healthy Heart: How to Stop Heart Disease Before or After It Starts giving you one more experience more than blown away your head but also giving you useful information for your better life with this era. So now let us teach you the relaxing pattern is your body and mind will likely be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary spending spare time activity?

Yvonne Webb:

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David Saenz:

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