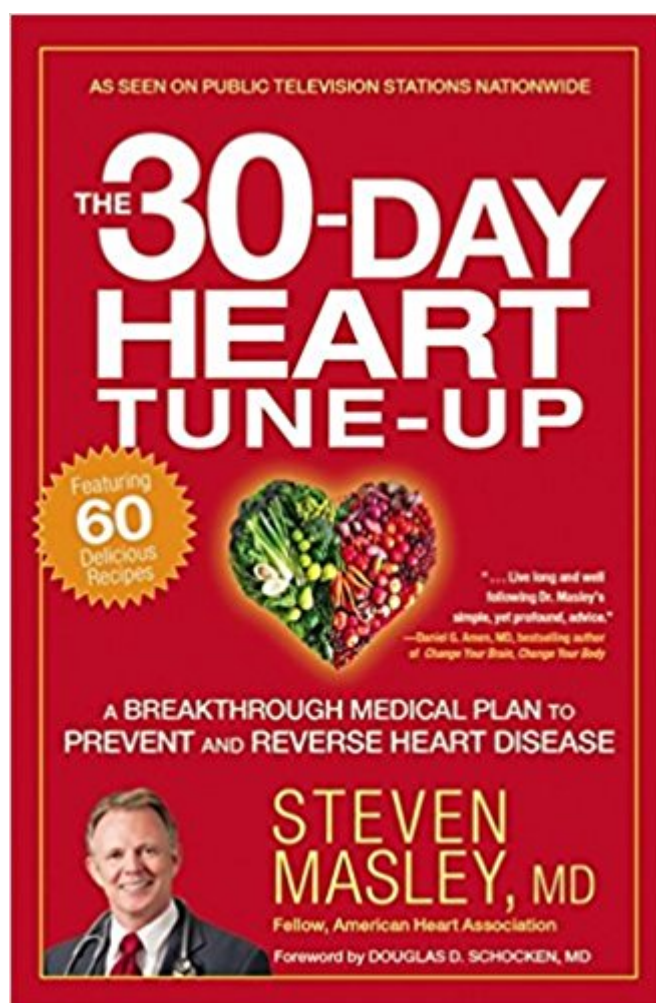


The book was found

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.

Customer Reviews

"Take care of your heart and live long and well following Dr. Masley's simple, yet profound, advice. It's a program everyone can follow and I highly recommend it." — Daniel G. Amen, MD, bestselling author of Change Your Brain, Change Your Body
"Dr. Masley's program has the potential to be the "Heart Cure" America desperately needs. Get on this inspiring, breakthrough plan!" — Sara Gottfried, MD, New York Times bestselling author of The Hormone Cure

STEVEN MASLEY, M.D., F.A.A.F.P., C.N.S., F.A.C.N., C.C.D., is a board-certified and fellow-certified physician and nutritionist, a health researcher, speaker, author, and chef. He has won acclaim for helping hundreds of patients reverse Type II diabetes and eliminate the symptoms of cardiovascular disease. Dr. Masley is the President for the Masley Optimal Health Center, the medical director for the Ten Years Younger Program, and has a clinical appointment with the University of South Florida. Learn more: DrMasley.com

[Download to continue reading...](#)

The 30-Day Heart Tune-Up: A Breakthrough Medical Plan to Prevent and Reverse Heart Disease
The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease
TUNE A DAY FLUTE BK 1 HERFURTH/STUART (A Tune a Day)
The Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin Free Plan and Diet that Will The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will REVERSE HEART DISEASE -

HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease) Your Whole Heart Solution: What You Can Do to Prevent and Reverse Heart Disease Now Prevent a Second Heart Attack: 8 Foods, 8 Weeks to Reverse Heart Disease The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure The Prevent and Reverse Heart Disease Cookbook: Over 125 Delicious, Life-Changing, Plant-Based Recipes Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes (The South Beach Diet) The Simple Heart Cure: The 90-Day Program to Stop and Reverse Heart Disease The Simple Heart Cure - Large Print: The 90-Day Program to Stop and Reverse Heart Disease Freedom from Disease: The Breakthrough Approach to Preventing Cancer, Heart Disease, Alzheimer's, and Depression by Controlling Insulin and Inflammation The Medical Fitness Impact Plan: How To Reverse Chronic Disease & Degeneration While Building Your Bottom Line The Paleo Cure: Eat Right for Your Genes, Body Type, and Personal Health Needs -- Prevent and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)