



Heart of the Matter: Essential Advice for a Healthy Heart from Renowned Surgeons and Cardiologists

Hilton Hudson II M.D. F.A.C.S.

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The third edition of The Heart of the Matter, The American guide to Heart Health and Wellness, will stress the importance of preventive and up-to-date steps one can take to prevent heart disease, high blood pressure and stroke. The book will summarize the latest on fats, cholesterol, and lipids and the roles they play in heart disease. The latest information on Heart disease in women, Hispanics and African Americans is also included. The newly revised HOM will help those wanting to prevent heart disease or help those suffering from heart disease live longer and healthier lives. New and improved heart health menus will be included. All of the importance science behind heart health (healthy diets, foods, exercise, cholesterol levels, etc) are communicated in a medically accurate yet easy to read manor.

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Cardiologists nevertheless doesn't forget the main stage, giving the reader the hottest and based confirm resource info that maybe you can be considered one of it. This great information can drawn you into fresh stage of crucial thinking.

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