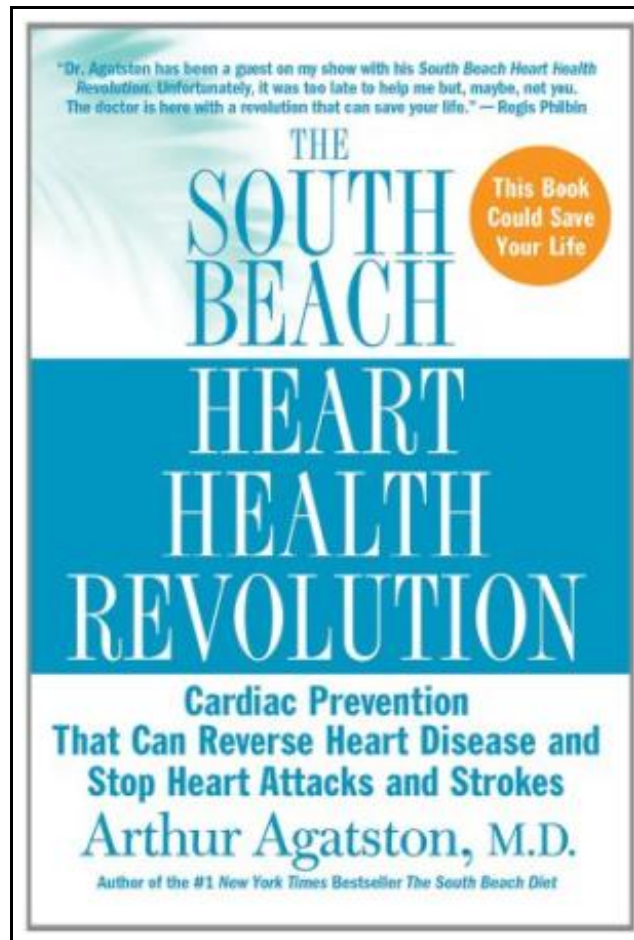


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St Martin's Press. Paperback / softback. Book Condition: new. BRAND NEW, The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes, Arthur S Agatston, Agatston, "Another masterpiece! The author of "The South Beach Diet" has taken a sharpshooter's aim at heart disease, the Normandy Beach for half of all Americans."--Mehmet Oz, M.D., co-author of "You: An Owner's Manual" and "You: On a Diet" Heart disease is the number one killer of men and women in this country. This year alone, 865,000 people will have a new or recurrent heart attack, and another 700,000 will have a stroke. Don't become a statistic--heart attacks and strokes can be prevented! In The South Beach Heart Health Revolution, Dr. Arthur Agatston's innovative approach to heart disease prevention will show you how to protect your heart and live a longer, healthier life. He not only explains how to assess your cardiac risks and avoid unnecessary surgery, but also teaches you how to make life-saving changes, including rethinking your eating and exercise habits, to beat the odds of suffering from cardiovascular disease. Dr. Agatston explains: How you can have a negative stress test and still be at risk for a heart attack Why your cholesterol level may not accurately indicate your risk for heart attack How a simple noninvasive heart scan can reveal if you are a cardiac time bomb Why belly fat can be deadly--and what you can do about it What you need to know about life-saving state-of-the-art blood testing, heart imaging, medications, and more How to transform your lifestyle with satisfying heart-healthy eating and an exercise program that's easy to integrate into your daily routine The South Beach Heart Health Revolution will change the way you treat your health, your heart, and your approach to living well." This book...



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