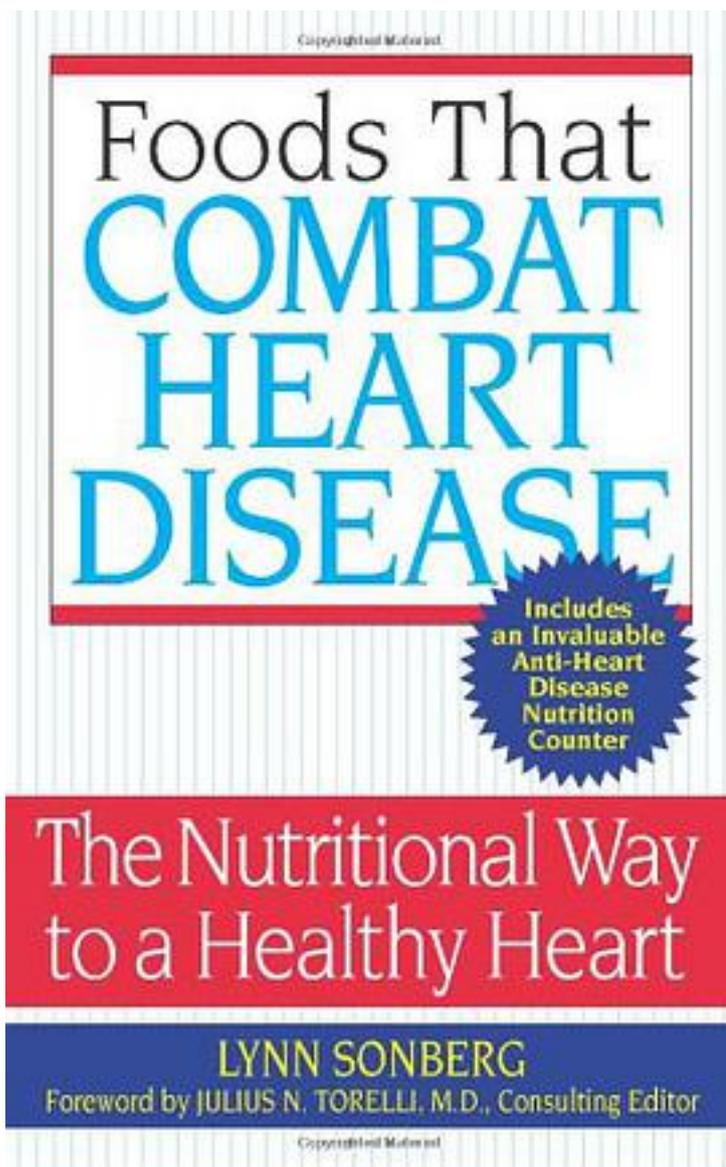


Foods That Combat Heart Diseases



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 No longer will confusing, outdated information and misconceptions about what truly constitutes a heart-strengthening diet be an impediment to a healthy lifestyle.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