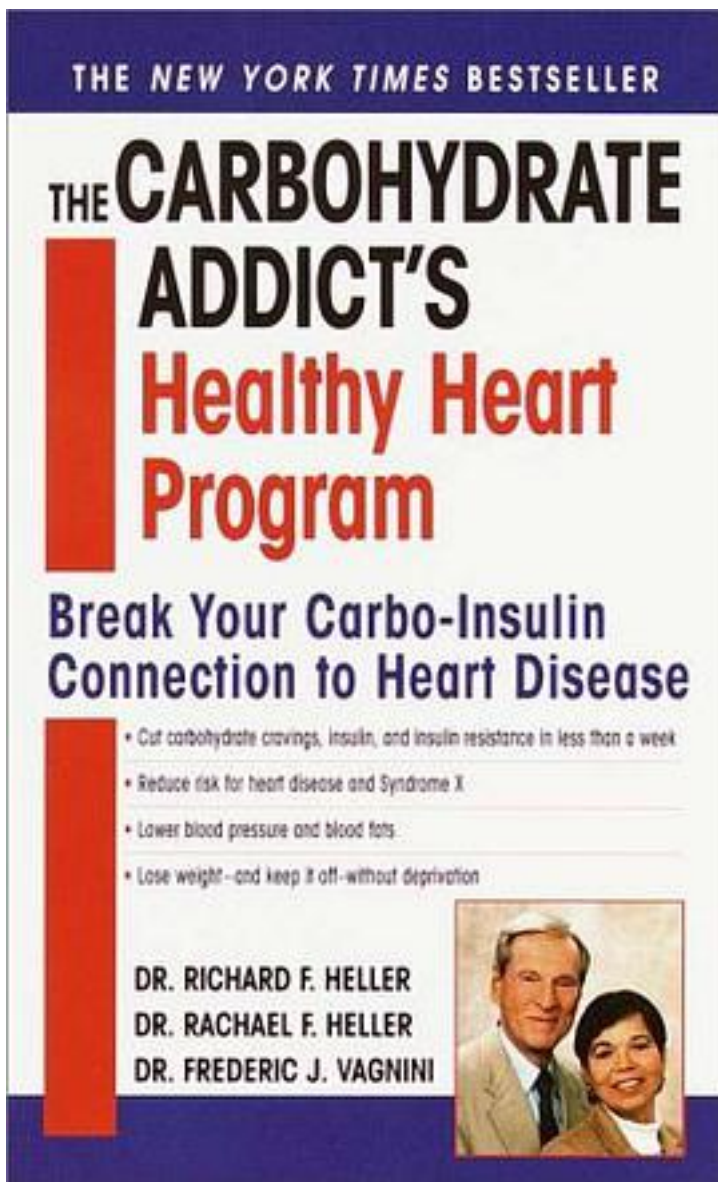


The Carbohydrate Addict's Healthy Heart Program



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著者:Richard F. Heller

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WITNESS DR. RACHAEL HELLER'S AMAZING RESULTS ON THE CARBOHYDRATE ADDICT'S HEALTHY HEART PROGRAM

[show before and after photos]

BEFOREAFTER

BLOOD PRESSURE:220/120110/70

TOTAL CHOLESTEROL:250178

TRIGLYCERIDES:38598

BLOOD SUGAR:DIABETICNORMAL

HEART RISK RATIO:HIGH RISKLOW RISK

Are you a carbohydrate addict at risk for heart disease?

o After eating breakfast, are you hungry before lunchtime?

o Once you start eating snack foods or sweets, is it hard to stop?

o Does stress, exhaustion, loneliness, or boredom make you want to eat?

o Have you been told that you're overweight or have high blood pressure or adult-onset diabetes? Or do any of these disorders run in your family?

SCORING: IF YOU ANSWERED "YES" MORE THAN ONCE, YOU'RE PROBABLY A CARBOHYDRATE ADDICT AT RISK FOR HEART DISEASE

Compatible with the American Heart Association guidelines, The Carbohydrate Addict's Healthy Heart Program gives you the carbs you need and love every day while cutting your risk for heart disease.

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