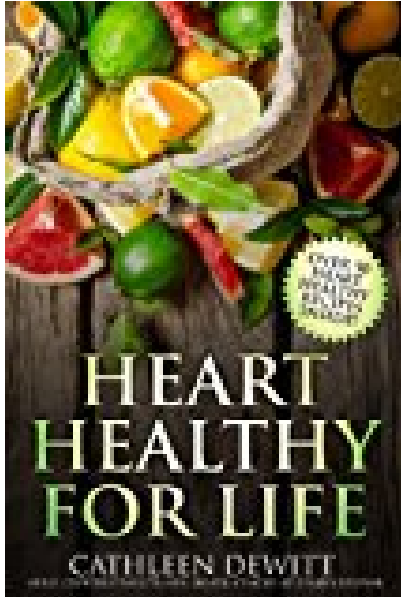


# Heart Healthy For Life

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## BOOK DETAILS

- Author : Cathleen DeWitt
- Pages : 148 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1530918200



## BOOK SYNOPSIS

Provides strategies and tips to help live a heart healthy lifestyle, offering natural ways to lower blood pressure and cholesterol, tips to add exercise to any schedule, and recipes that incorporate foods for a healthy heart.

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