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Say No to Heart Problem: How to Prevent and Reverse Haert Disease with Vedic Approach to Health

By Robert H. Scheider

Times Group Books, New Delhi, India, 2011. Softcover. Book Condition: New. First Edition. If you are one who suffer from heart disease or one of its risk factors, such as high blood pressure, high cholesterol, obesity, stress, or diabetes, this book is for you. If you are concerned about developing heart disease because a close member of your family had a heart attach or stroke, this book is also for you. Whether you want to prevent this debilitating and possibly deadly condition or reverse it in yourself or in a family member or loved one, this book will offer you completely new understanding and practical approach that will create a major transformation in your health and total well-being. Printed Pages: 260.

Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

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