



Natural Remedies For a Healthy Heart

David Heber



Dr. Heber first explains what cholesterol is, what role it plays in the development of heart disease, and what risk factors increase your chances of experiencing heart problems. He provides a diet - without using complicated charts and formulas - that offers a simple seven-step strategy for reducing dietary fat, the single biggest heart-disease culprit in our modern diet. He goes on to explain why stress is bad for your heart, and includes practical ways to reduce your stress levels. He looks at exercise, and how it not only reduces stress but also strengthens the heart itself. After reviewing the most commonly prescribed cholesterol-lowering drugs, Dr. Heber focuses on those scientifically validated natural therapies that work without side effects. Included is the latest information on a remarkable supplement from China. Most important, Dr. Heber tells you how to pull all this information together into a manageable program tailored to your needs.

- [National E-mail and Fax Directory Set](#)
- [National Economic Security : Perceptions, Threats and Policies](#)
- [The National Magazine, Volume 9](#)
- [The Naturalized Animals of Britain and Ireland](#)
- [National Parks : Sustainable Development, Conservation Strategies and Environmental Impacts](#)