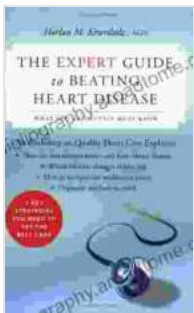


The Ultimate Guide to Beating Heart Disease: Your Complete Guide to Prevention, Treatment, and Recovery

Heart disease is the leading cause of death in the United States, but it doesn't have to be. This book provides you with everything you need to know about heart disease, from prevention to treatment to recovery.



The Expert Guide to Beating Heart Disease: What You Absolutely Must Know (HarperResource Book)

by Harlan M. Krumholz

★★★★★ 5 out of 5

Language : English
File size : 2984 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 288 pages



In this book, you will learn:

- The risk factors for heart disease
- The symptoms of heart disease
- The different types of heart disease
- The treatments for heart disease

- The lifestyle changes you can make to prevent heart disease

This book is written by a team of experts in heart disease, including cardiologists, nutritionists, and exercise physiologists. They have compiled the latest research on heart disease into a clear and concise guide that is easy to understand and follow.

If you are concerned about your risk of heart disease, or if you have been diagnosed with heart disease, this book is for you. It will provide you with the information you need to make informed decisions about your health.

Free Download Your Copy Today!

Click here to Free Download your copy of The Ultimate Guide to Beating Heart Disease today!



CARDIOVASCULAR DISEASE

THE WORLD'S NUMBER 1 KILLER

Cardiovascular diseases are a group of disorders of the heart and blood vessels, commonly referred to as heart disease and stroke.

17.8 MILLION deaths every year from CVD

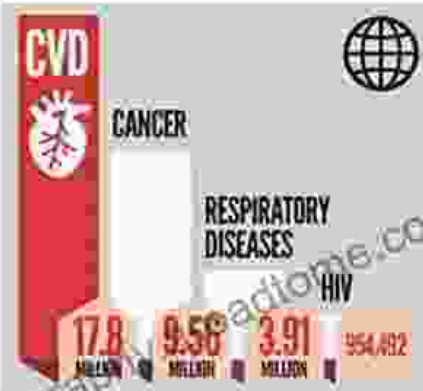


31% of all global deaths



>75% of CVD deaths take place in low and middle-income countries

GLOBAL CAUSES OF DEATH



RISK FACTORS FOR CVD

- High Blood Pressure
- Unhealthy Diet
- High Cholesterol
- Diabetes
- Overweight & Obesity
- Tobacco
- Air Pollution
- Kidney Disease
- Physical Inactivity
- Harmful use of alcohol

Sources: World Health Organization
"10 Global Burden of Disease"

info@worldheart.org
www.worldheart.org

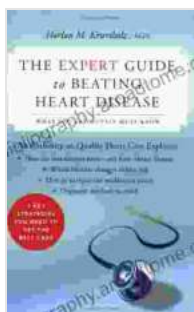
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Testimonials

"This book is a must-read for anyone who is concerned about their heart health. It is packed with valuable information and advice." - Dr. James Becker, cardiologist

"This book is a lifesaver. I was diagnosed with heart disease a few years ago, and this book has helped me to manage my condition and improve my quality of life." - John Smith, heart disease patient

"This book is a great resource for anyone who wants to learn more about heart disease. It is well-written and easy to understand." - Mary Jones, registered nurse

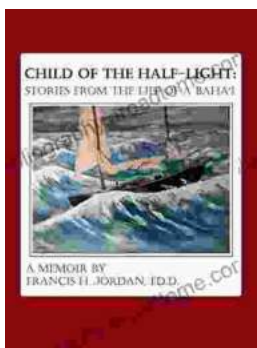


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