

## Cardio Cures: Alternative Strategies for a Healthy Heart

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### Abstrak

More than one million Americans suffer from fatal heart attacks and strokes each year. Hundreds of thousands more are stricken by blockages and other forms of the disease that cause severe damage, pain, and ultimately premature death. Heart disease can be prevented and even reversed. This essential resource presents a comprehensive overview of heart disease and outlines a complete, multifaceted approach to optimum cardiovascular health.