



# Foods That Combat Heart Disease

*Lynn Sonberg*

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**Foods That Combat Heart Disease** Lynn Sonberg

## **EAT RIGHT -- LIVE *MUCH* LONGER!**

Heart disease is the number-one killer of men and women in the United States. Yet, in many cases, this deadly condition is preventable. Simply by switching to a heart-healthy diet, the risk of heart disease can be significantly reduced . . . *by as much as 70%!*

No longer will confusing, outdated information and misconceptions about what truly constitutes a heart-strengthening diet be an impediment to a healthy lifestyle.

*Foods That Combat Heart Disease* breaks down all the research and presents the all-important findings in a clear and comprehensive format.

This indispensable guidebook includes:

- An easy-to-use nutrition counter featuring more than 2,000 foods, highlighting their heart disease-fighting properties
- Menu plans and delicious, heart-friendly recipes for every meal of the day
- The latest facts and research presented in a readable and accessible language
- Invaluable tips on how to get started today on your new, heart-healthy lifestyle!

**FOODS THAT COMBAT HEART DISEASE**

A fresh start to a healthier life!

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#### **Ann Birdsell:**

Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their very own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your personal free time/ holiday? May be reading a book could be option to fill your free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to test look for book, may be the reserve untitled Foods That Combat Heart Disease can be good book to read. May be it is usually best activity to you.

#### **Kathy Ahmed:**

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