



The All-natural Cardio Cure: A Drug-free Cholesterol and Cardiac Inflammation Reduction Program (Hardback)

By Allan Magaziner, Batya Swift Yasgur

Avery Publishing Group Inc., U.S., United States, 2004. Hardback. Condition: New. Language: English . Brand New Book. A proven program to prevent, treat, and reverse cardiovascular disease and risk factors naturally, using diet, exercise, nutritional supplementation, and relaxation techniques-and without the use of pharmaceutical drugs. Americans are obsessed with heart health, yet most of us don't do the most basic things to take care of ours. In The All-Natural Cardio Cure, Dr. Allan Magaziner outlines a program for heart health that works to prevent, treat, and reverse the causes of cardiovascular problems, rather than merely treating them once they arise. Developed in clinical practice, Magaziner's comprehensive approach can help to: * lower blood cholesterol and triglycerides; * inhibit the inflammatory processes that lead to hardening of the arteries; * reduce blood pressure; * decrease the risk of heart attack and stroke; and * improve overall health. The All-Natural Cardio Cure has actually helped many people to eliminate or reduce their need for medication. The keys to this strategy are specific elements of diet, exercise, nutritional supplementation, and relaxation techniques, integrated in a clearly delineated way that is easy to follow and, most important, proven effective.



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