



Tell Me What to Eat If I Suffer from Heart Disease: Nutrition You Can Live With

Elaine Magee

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Heart disease is the leading cause of death for both women and men in the United States whether they are caucasian, African American, Hispanic, or American Indian. In 2005, 652,091 people died of heart disease--27.1% of all U.S. There have been hundreds of new discoveries regarding treatment and prevention of heart disease in the past few years. Tell Me What to Eat If I Suffer From Heart Disease incorporates all of this life-saving information and offers plethora of practical tips that can stop, slow, or even reverse heart disease.

You'll learn:

- * How your waist and neck measurements put you at for heart disease and how best to change them.
- * The 10 things cardiologists want you to know after you've been diagnosed with heart disease.
- * 5 easy ways to dramatically cut your risk of heart failure.
- * Specific foods that should be eaten almost every day help protect your heart and arteries.

Tell Me What to Eat If I Suffer From Heart Disease includes dozens of heart-healthy versions of your favorite foods plus vital supermarket and restaurant advice.

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