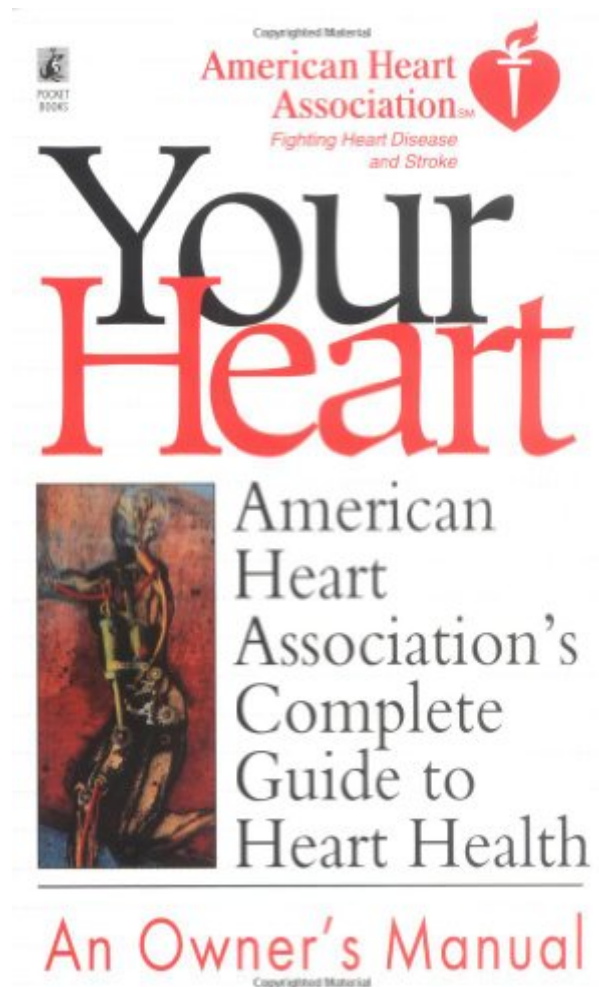


American Heart Association's Complete Guide to Heart Health (Better Health for 2003) PDF



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American Heart Association's Complete Guide to Heart Health (Better Health for 2003) by American Heart Association ISBN 067153081X

Take care of your heart and it will take care of you! Let the American Heart Association show you how -- in this complete, up-to-the-minute owner's manual from the country's most respected authority on the heart. No matter what your year, make, or model -- male, female, young, or old -- here is everything you need to know. Learn how to:

Seek emergency help -- when, where, and how. Discover what to do in the event of an emergency,

how to be a good medical consumer, what to expect from diagnostic and treatment procedures, and more. Develop the habits of heart-healthy behavior with the book that could save your life.

- Evaluate your personal risk factors
- Recognize signs and symptoms of heart disease and stroke -- what they are, what they mean, what to do
- Fuel up on heart-healthy nutrition and keep your motor humming with physical activity
- Clear the air and stop smoking for good
- Eliminate excess weight with a low-fat, low-calorie eating plan that works
- Manage emotions that may be damaging your health

- American Heart Association's Complete Guide to Heart Health (Better Health for 2003) Review

This American Heart Association's Complete Guide to Heart Health (Better Health for 2003) book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of American Heart Association's Complete Guide to Heart Health (Better Health for 2003) without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry American Heart Association's Complete Guide to Heart Health (Better Health for 2003) can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This American Heart Association's Complete Guide to Heart Health (Better Health for 2003) having great arrangement in word and layout, so you will not really feel uninterested in reading.