**Heart Of The Matter**

Unlock the Future of Heart Health – Heart of the Matter goes beyond conventional cardiology to explore the root causes of heart disease, including inflammation, hormone balance, and gut health. Dr. Ash Kapoor offers actionable insights and practical strategies to empower you on your journey to optimal cardiovascular wellness.

**Applied Neuroscience**

Optimize Your Mind with Science – Applied Neuroscience presents practical applications to boost cognitive performance, emotional resilience, and mental clarity. Dr. Kapoor offers science-backed tools to enhance brain health. Embrace neuroscience for a sharper mind.

**Bioregulator Peptides**

Unlock the Power of Cellular Communication – Bioregulator Peptides introduces peptides’ role in genetic health and cellular communication. Dr. Kapoor’s insights guide readers on using peptide therapy to enhance longevity and health. Explore the future of health with bioregulator peptides.

**Regenerative Aesthetics**

Transform Your Skin Naturally – Discover transformative beauty secrets in Regenerative Aesthetics. Dr. Kapoor guides you through treatments and bio-regenerative techniques for radiant, resilient skin. Rediscover timeless beauty and rejuvenate your skin.

**Liver Reboot**

Revitalise Your Body’s Detox Powerhouse – Liver Reboot combines ancient practices and modern science to enhance liver health, our body’s primary detox organ. Dr. Kapoor offers dietary advice, fasting tips, and advanced therapies for liver rejuvenation. Empower your liver to work at its best.

**Heavy Metal Detox**

Free Your Body from Hidden Toxins – Heavy Metal Detox shines a light on the health impacts of heavy metals and offers practical detox methods. Dr. Kapoor guides you through actionable steps to reduce toxic buildup and reclaim wellness. Take the steps to live toxin-free and healthier.

**Brain Washed**

Detox Your Mind for Lasting Clarity – In Brain Washed, Dr. Kapoor explores cognitive longevity through brain detoxification. Learn how to use nootropics, nutrition, and lifestyle changes to cleanse your mind and maintain clarity. Refresh your brain with these expert strategies.

**Autophagy Revival**

Revitalize Your Body with Cellular Renewal – Autophagy Revival introduces the science of cellular self-cleaning, guiding you in activating autophagy through diet and lifestyle. Dr. Kapoor’s insights offer a blueprint for renewed health and longevity. Start your journey toward cellular rejuvenation today.

**The Miracle of Hormone-D**

Harness the Power of the “Sunshine Vitamin” – The Miracle of Hormone-D reveals the vital role of Vitamin D in immunity, bone health, and vitality. Dr. Kapoor shares effective ways to boost and balance Vitamin D levels for optimal wellness. Get your daily dose of sunshine with this essential guide.

**The Miracle of Minerals**

Discover the Essential Role of Minerals in Health – The Miracle of Minerals dives into common deficiencies and the impact of minerals on wellness. Dr. Kapoor provides practical tips for balancing minerals, helping readers harness their full benefits. Unleash the power of minerals for optimal health.

**Electromagnetic Field Defence**

Protect Yourself in a Connected World – Learn practical ways to safeguard your health from electromagnetic fields with Electromagnetic Field Defence. Dr. Kapoor’s book provides actionable solutions to create a safer environment amidst today’s digital demands. Equip yourself with the knowledge to defend against EMFs.

**Male Sexual Optimisation**

Reclaim Vitality and Performance Naturally – Discover a holistic approach to male sexual health with Male Sexual Optimisation. Dr. Kapoor’s comprehensive guide combines lifestyle adjustments, nutrition, and evidence-backed practices to naturally enhance functionality and vitality. Elevate your health with this essential guide.

**Oxygenate to Rejuvenate**

Harness the Power of Breath for Health – Oxygenate to Rejuvenate explores the transformative effects of oxygen on the body’s energy and resilience. Dr. Kapoor provides simple techniques and lifestyle changes that promote better oxygenation, giving you a renewed sense of health and vitality. Breathe your way to wellness with this insightful guide.

**Female Hormones for Life**

Achieve Hormonal Balance for Lifelong Wellness – Female Hormones for Life offers women of all ages a roadmap to understanding and optimising hormonal health. Dr. Kapoor’s insights on balance, reproductive health, and lifestyle adjustments empower women to thrive. Take charge of your hormones and unlock a new level of well-being.

**Kidney Reboot**

Support Your Body’s Natural Superfilter – Discover the crucial role of kidneys in detoxification with Kidney Reboot. Dr. Kapoor provides guidance on diet, hydration, and holistic practices to support kidney health and boost vitality. Give your kidneys the care they deserve and experience better health.

**Brain Awakening**

Unleash the Full Potential of Your Mind – In Brain Awakening, Dr. Kapoor presents tools to enhance cognitive function and mental clarity. From brain exercises to lifestyle tips, this book is your companion for building mental resilience and maintaining sharpness. Stay sharp and focused with Dr. Kapoor’s proven methods.

**Bio-Regenerative Hair Regeneration**

Thrive from Thinning to Thriving – Bio-Regenerative Hair Regeneration introduces natural methods to restore hair vitality. Dr. Kapoor’s holistic approaches combat hair thinning, helping you achieve fuller, healthier hair naturally. Revitalise your hair and confidence with these bio-regenerative strategies.

**Spleen Clean**

Boost Immunity Through Spleen Health – In Spleen Clean, Dr. Kapoor reveals how supporting the spleen strengthens immunity. Drawing from Ayurveda and Traditional Chinese Medicine, this book provides techniques to fortify your body’s natural defences. Strengthen your immunity with ancient wisdom.