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Almost every American adult has at least one of these risk factors for heart disease: high blood pressure, high total cholesterol or LDL cholesterol, smoking, being overweight, diabetes, stress, physical inactivity, or nutrient-poor diet.

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If you're suffering from or are at risk of heart disease or love someone who is Preventing & Reversing Heart Disease For Dummies empowers you to take control of heart health and get on a path to a longer, healthier life.

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Heart Disease For Dummies is for anyone who has been diagnosed with a form of cardiovascular disease, knows someone who has, or who wants to learn more about staying heart healthy and preventing the disease. Leading cardiologist Dr. James Rippe delivers the scoop on the many different forms of heart disease (including angina, heart attacks ...

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PREVENTING AND REVERSING HEART DISEASE FOR DUMMIES

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