



# Your Whole Heart Solution: What You Can Do to Prevent and Reverse Heart Disease Now (Paperback)

By Joel Kahn MD

Reader's Digest Association, 2016. Paperback. Condition: New. Reprint. Language: English. Brand New Book. In Your Whole Heart Solution, America's Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right away--from drinking your veggies to opening your windows to walking barefoot--to make yourself heart attack proof. Cardiovascular disease (CV) is the number one killer in the Western world. But it doesn't need to be. The truth is that more than 75 percent of cases of heart attacks, strokes, and other cardiovascular disease events are preventable. In Your Whole Heart Solution, America's Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right away--from drinking your veggies to opening your windows to walking barefoot--to make yourself heart attack proof. Here's what leading physicians and other experts have to say about The Whole Heart Solution: If you want to raise your heart energy, keep your heart arteries clean, and identify the root causes of heart disease to avoid stents and bypass surgery, Dr. Kahn has your prescriptions ready to use. This is a unique manual of caring for your heart by taking...



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