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# Read This If You Have A Heart

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If you're hoping to avoid being a statistic to the number one cause of death in the Western world you've come to the right place. In this revolutionary book Klein, naturopathic doctor and health educator, dispels common myths about cardiovascular disease and maintains that heart disease and diabetes are often preventable. Dr. Klein ND provides compelling scientific evidence that supports his conviction that many people have been and are continuing to be afflicted unnecessarily by heart attacks and strokes due to widely disseminated dietary misconceptions. In "Read this if you have a Heart", Klein, reveals his concerns about commonly prescribed drugs for blood pressure, cholesterol and diabetes. In his easy- to- understand fashion, Dr. Klein ND reveals the true dietary causes of cardiovascular disease. He then discusses effective natural solutions, to help you lower your blood pressure, cholesterol and blood sugar naturally!

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