

A woman with short grey hair is holding a large red heart in her right hand. The heart is the central focus of the image. The text 'TOP 5 TIPS TO PREVENT HEART DISEASE' is overlaid on the heart and the woman's face.

# TOP 5 TIPS TO PREVENT HEART DISEASE



# Natural Pharmacist Preventing Heart Disease

**Richard Harkness, Steven Bratman**



## **Natural Pharmacist Preventing Heart Disease:**

**Preventing Heart Disease** Richard Harkness, 1999 Discover Nature's Treatment for Heart Disease Did you know that scientific evidence suggests there are natural ways you can protect yourself from heart disease It's true Millions have already discovered the preventive benefits of a healthful diet exercise and other natural approaches With this book so can you Inside you'll learn which herbs vitamins and other natural supplements can help reduce cholesterol and lower high blood pressure how vitamins can protect the heart from damage the differences between good fat and bad fat and much more Includes up to date information on heart disease and Vitamin E Niacin Garlic Soy Protein Sitostanol Red Yeast Rice Coenzyme Q10 Folic Acid Omega 3 Fatty Acids Hawthorn And conventional medical treatments It's all here in simple straightforward language You'll find yourself turning to this helpful trusted companion again and again **The Natural Pharmacist** Darin

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**The Complementary and Alternative Medicine Information Source Book** Alan Rees, 2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M. Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety

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*50 Ways Women Can Prevent Heart Disease* M. Sara Rosenthal, 2000 Examines issues related to smoking diet exercise high blood pressure cholesterol safe sex and hormone replacement therapy

**Everything You Need to Know about Osteoporosis** Sheila Dunn-Merritt, Judy Lyn Patrick, 2000 The need for responsible information on the health benefits of natural medicine continues to grow at a tremendous pace and Prima Publishing caters to this demand by producing the most responsible up to date and scientifically accurate information about natural medicine available Prima Health's The Natural Pharmacist TM brand continues as the leader in accurate and complete natural health based information with every word every claim backed by solid medical research and reviewed for accuracy by a medical doctor and a professor of pharmacology Readers will find easy to understand answers written in plain English Answers they can trust They'll learn what works and what doesn't They'll discover natural treatments they never knew existed and in the process develop a deeper understanding of the true therapeutic wonders of nature An understanding based on research and facts not hype Only from The Natural Pharmacist TM

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