

Yoga And Your Heart Spzone

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[Refresh Your Heart](#) Jan 10 2021 You have a heart condition. By nature your heart, every heart, is deceitful, polluted, incurably sick with sin. There is hope for your heart, not in determining to do better, not in resolutions or your own will power, but in God. He redeems old sinful hearts and transforms them into peaceful, serving, forgiving hearts. Claudia Barba surveys different aspects of the heart, unveiling the heart-changing work of God and explaining how we can participate in the process. Refresh Your Heart will inspire and encourage you in your walk with God. - Publisher.

[Type A Behavior and Your Heart](#) Aug 29 2022

[With All Your Heart](#) Jul 16 2021 " Here is a book to be welcomed enthusiastically, to be read carefully, and to be returned to frequently. " — Sinclair B. Ferguson In our world, we use the word heart to refer to our emotions. But the Bible uses the word heart to refer to the governing center of life. We need to grasp the true meaning of the heart in order to better understand ourselves, our sin, and our need for redemption. As we rediscover the heart as the source of all our thoughts, fears, words, and actions, we will discover principles and practices for orienting our hearts to truly love and obey God with all that we are.

Follow Your Heart Mar 12 2021 In a series of letters, Olga, an elderly Italian woman, writes to her teenaged granddaughter in America, trying to encourage her independence and self-fulfillment as she relates the painful lesson of her own life and that of her daughter

[Listen to Your Heart](#) Dec 21 2021 Perfect for fans of Morgan Matson and Jenny Han, this latest from YA contemporary queen Kasie West is an adorable rom-com loosely inspired by Sleepless in Seattle.

Talking to other people isn't Kate Bailey's favorite activity. She'd much rather be out on the lake, soaking up the solitude and sunshine. So when her best friend, Alana, convinces Kate to join their high school's podcast, Kate is not expecting to be chosen as the host. Now she'll have to answer calls and give advice on the air? Impossible. But to Kate's surprise, she turns out to be pretty good at the hosting gig. Then the podcast gets in a call from an anonymous guy, asking for advice about his unnamed crush. Kate is pretty sure that the caller is gorgeous Diego Martinez, and even surer that the girl in question is Alana. Kate is excited for her friend . . . until Kate herself starts to develop feelings for Diego. Suddenly, Kate finds that while doling out wisdom to others may be easy, asking for help is tougher than it looks, and following your own advice is even harder. Kasie West's adorable story of secrets, love, and friendship is sure to win over hearts everywhere.

Stress, Diet, and Your Heart Nov 19 2021

Lead with Your Heart . . . Lessons from a Life with Horses Aug 17 2021 2016 Foreword INDIES Gold Award Winner 2016 Gold Nautilus Book Award Winner 2017 Silver Independent Publisher Book Award Winner 2017 Silver IBPA Benjamin Franklin Award Winner Award-winning author and celebrated neurosurgeon Allan J. Hamilton combines his understanding of the human brain with nearly 30 years' experience training horses to offer wisdom on such universal themes as leadership, motivation, ambition, and humility. The results are showcased in more than 100 thoughtful essays that treat working with horses as a metaphor for personal, professional, and spiritual growth. Whether you're searching for greater spiritual depth or simply want to better understand your four-legged partner, this wise and important collection has something for you.

[Always in Your Heart](#) Feb 08 2021 It's hard when you lose someone you love. You wonder what life will be like when they're not there to hug and kiss you, or to tell you 'I love you'. A heartfelt story pulls the reader in and walks them through a day-in-the-life after a hard loss.

[Heal Your Heart](#) Mar 24 2022 Keep a healthy heart for life! Stress and other negative emotions contribute to at least 25 percent of all heart attacks, but now, cutting-edge research shows that positive emotions cause a chemical change in your body that directly improves your overall cardiovascular health. In *Heal Your Heart*, Dr. Michael Miller—a leader in the fields of preventive and behavioral cardiology—outlines his Positive Emotions Prescription, a 28-day program designed to undo past heart damage and reduce your risk of stroke, heart attack, and more. You'll discover how eating certain foods, listening to specific kinds of music, and even increasing the amount of time you spend laughing can promote heart health and overall positive well-being. Complete with success stories from Dr. Miller's patients, this go-to reference and prescriptive plan will help you lose weight, reduce your cholesterol and blood pressure, and keep your heart healthy for life.

Heart 411 Jan 28 2020 The definitive guide to heart health from two of America's most respected doctors at Cleveland Clinic, the #1 hospital for heart health in America. Are you one of the eighty-two million Americans currently diagnosed with cardiovascular disease—or one of the millions more who think they are healthy but are at risk? Whether your goal is to get the best treatment or stay out of the cardiologist's office, your heart's health depends upon accurate information and correct answers to key questions. In *Heart 411*, two renowned experts, heart surgeon Marc Gillinov and cardiologist Steven Nissen, tackle the questions their patients have raised over their decades of practice: Can the stress of my job really lead to a heart attack? How does exercise help my heart, and what is the right amount and type of exercise? What are the most important tests for my heart, and when do I need them? How do symptoms and treatments differ among men, women, and children? Backed by decades of clinical experience and up-to-the-minute research, yet written in the accessible, down-to-earth tone of your trusted family doctor, *Heart 411* cuts through the confusion to give you the knowledge and tools you need to live a long and heart-healthy life.

[Eat Your Heart Out](#) Jun 22 2019 Shaun of the Dead meets *Dumplin'* in this biting funny YA thriller about a kickass group of teens battling a ravenous group of zombies. In the next few hours, one of three things will happen. 1--We'll be rescued (unlikely) 2--We'll freeze to death (maybe) 3--We'll be eaten by thin and athletic zombies (odds: excellent) Vivian Ellenshaw is fat, but she knows she doesn't need to lose weight, so she's none too happy to find herself forced into a weight-loss camp's van with her ex-best friend, Allie, a meathead jock who can barely drive, and the camp owner's snobby son. And when they arrive at Camp Featherlite at the start of the worst blizzard in the history of Flagstaff, Arizona, it's clear that something isn't right. Vee barely has a chance to meet the other members of her pod, all who seem as unhappy to be at Featherlite as she does, when a camper goes missing down by the lake. Then she spots something horrifying outside in the snow. Something...that isn't human. Plus, the camp's supposed "miracle cure" for obesity just seems fishy, and Vee and her fellow campers know they don't need to be cured. Of anything. Even worse, it's not long before Camp Featherlite's luxurious bungalows are totally overrun with zombies. What starts out as a mission to unravel the camp's secrets turns into a desperate fight for survival—and not all of the Featherlite campers will make it out alive. A satirical blend of horror, body positivity, and humor, Kelly deVos's witty, biting novel proves that everyone deserves to feel validated, and taking down the evil enterprise determined to dehumanize you is a good place to start.

I Hold Your Heart Sep 05 2020 When Gemma meets Aaron, she feels truly seen for the first time. Their love story is the intense kind. The written-in-the-stars, excluding-all-others kind. The kind you write songs about. But little by little their relationship takes over Gemma's life. What happens when being seen becomes being watched, and care becomes control? Told in both Gemma's and Aaron's words, this is a raw, moving exploration of gaslighting in teenage relationships that skewers our ideas of what love looks like.

Heaven in Your Heart May 14 2021 If you're like most people, you spend countless hours imagining a better life for you and your family. *Heaven in Your Heart* and *Your Pocket, Too!* Is your guide to stop dreaming and start making your dreams come true. In this motivational, yet practical book, you'll learn: Having faith makes nothing easy, just possible. Possibilities are the product of perspective. There is nothing unholy about struggle. The enemy won't tell you to stop working on your goals, but to do them tomorrow. There's a reason you're on this planet—it's called purpose. It's time to climb out of the "box" someone else has built for you, and to discover the new horizons of who you truly are. About the author: Dr. Ed Montgomery is founder and pastor of Abundant Life Cathedral, a thriving, multi-faceted congregation, where his creative and sometimes unorthodox methods have distinguished him as a forerunner in cutting-edge ministry. He is an internationally acclaimed author, motivational speaker, gifted musician and songwriter. His innovative approach to Christian television can be seen weekly by millions across America and the world. Other popular books by Ed Montgomery include *Heaven in Your Heart* and *Breaking the Spirit of Poverty*. He and his wife, Sandra, and their two sons, Eddie and Simeon, reside in Houston, Texas.

Follow Your Heart Sep 17 2021 Start with a travel-inspired sampler quilt, then veer off the beaten path by making 10 companion projects with a wanderlust vibe. Famed designer Terry Atkinson acts as tour guide, laying the foundation for a fun sewing journey. Ten quilts, runners, bags, and more—all based on blocks from the sampler quilt—promise adventurous escapes, excursions, and escapades at the sewing machine! Even if you don't want to travel farther than your sewing room, you'll love choosing to follow your heart.

[Don't Let Your Heart Attack! a Comprehensive Guide to Help You Understand Heart Disease, Cholesterol and Metabolism](#) Oct 07 2020 Heart disease affects 17 million Americans, and 100 million more are at-risk because of abnormalities in blood cholesterol. With the proper knowledge and tools, heart disease can be prevented and reversed. This comprehensive guide will give you the essential knowledge and tools to take charge of implementing your personal cardiovascular disease prevention, treatment and reversal strategies.

Guard your Heart Feb 29 2020 Derry, Summer 2016. Aidan and Iona, now eighteen, were both born on the day of the Northern Ireland peace deal. Aidan is Catholic, Irish, and Republican. With his ex-political prisoner father gone and his mother dead, Aidan's hope is pinned on exam results earning him a one-way ticket out of Derry. To anywhere. Iona, Protestant and British, has a brother and father in the police. She's got university ambitions, a strong faith and a fervent belief that boys without one track minds are a myth. At a post-exam party, Aidan wanders alone across the Peace Bridge and becomes the victim of a brutal sectarian attack. Iona witnessed the attack; picked up Aidan's phone and filmed what happened, and gets in touch with him to return the phone. When the two meet, alone and on neutral territory, the differences between them seem insurmountable. Both their fathers held guns, but safer to keep that secret for now. Despite their differences and the secrets they have to keep from each other, there is mutual intrigue, and their friendship grows. And so what? It's not the Troubles. But for both Iona and Aidan it seems like everything is keeping them apart . . . when all they want is to be together . . .

[In My Heart](#) May 26 2022 A young girl explores what different emotions feel like, such as happiness which makes her want to twirl, or sadness which feels as heavy as an elephant.

Find Your Voice Oct 26 2019 From Pakistani poet and Instagram darling Noor Uannah comes a journal that encourages writers to explore their inner poet, through a variety of evocative and thought-provoking prompts, using Noor's captivating voice as a guide. This journal is where pop poetry and creative inspiration meet. With more than 100 writing prompts influenced by Noor's handwritten poetry and enchanting collages, this journal allows writers to explore their writing style and funnel it into meaningful, cathartic, provocative poetry.

[Your Heart is the Size of Your Fist](#) Sep 25 2019 An absorbing and touching read, this collection of true stories is the first book by a Canadian doctor on the topic of refugee health. *Your Heart Is the Size of Your Fist* draws readers into the complicated, poignant, and often-overlooked daily happenings of a busy urban medical clinic for refugees. An Iraqi journalist whose son has been murdered develops post-

traumatic stress disorder and mourns his loss of vocation. A Congolese woman refuses antiretroviral treatment for her new HIV diagnosis, and instead places her trust in Jesus. Two conservative Muslim Iraqi women are inadvertently exposed to pornography when a doctor uses Google Images to supplement a medical discussion. By turns humorous, distressing, and moving, these stories offer insight into the people seeking a new life while navigating poverty, language barriers, and neighbours who aren't always friendly. This riveting collection of true stories from Dr. Martina Scholtens is filled with hope and humour, and together make up a deeply moving portrait of how one doctor attempts to provide quality care and advocacy for patients while remaining culturally sensitive, even as she wrestles with guilt, awareness of her own privilege, the faith she was raised with, and vicarious trauma after hearing countless stories of brutality and suffering. In the spirit of Louise Aronson and Atul Gawande, Scholtens' writing is based on her personal experiences and explores the transformative moments in which a clinical doctor-patient relationship becomes a profound human-human connection.

Lead with Your Heart Feb 20 2022 In Washington, DC, seventh grader Maritza Ochoa learns to lead on and off the soccer field as she organizes community support for her teammate Violeta whose family member is being detained by immigration officials and who has a secret of her own Maritza promises to keep

Heal Your Heart Apr 12 2021 This easy-to-use guide shows how to effectively manage cardiovascular health, with information on diet and lifestyle, as well as suggestions for better communication with one's physician. 41 tables. 61 color illustrations.

31 Verses to Write on Your Heart Aug 24 2019 Let His Truth Find a Home in Your Heart... Here are the words of hope you're looking for when your faith needs a boost or a friend needs encouragement. Chosen by more than a thousand women as their favorite verses in the Bible, each one is worth learning, worth sharing, worth remembering. You'll find verses you already know and love: "I can do all things through him who gives me strength" (Philippians 4:13). Others may be less familiar but are no less powerful: "Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe" (Proverbs 29:25). All of them capture the truth of God's goodness, mercy, and love for His own. Bestselling author Liz Curtis Higgs invites you to experience — a deeper, richer understanding of thirty-one treasured verses. * a fresh look at how these timeless truths can impact your life. * a new passion for memorizing Scripture, verse by verse. * thirty-one creative ways to keep them in your heart forever. With a study guide included, 31 Verses to Write on Your Heart is a daily devotional and a small-group Bible study, wrapped in a lovely gift book overflowing with joy! "When you spend time in God's Word, life starts making sense. The broken places inside you begin to heal. Darkness and discouragement give way to the light of hope. Your purpose becomes clearer, and your desire to make a difference grows. The Bible can do all that? It can. It will. Just begin. Go slowly. Stand on tiptoe, anticipating all God has in store for you." —Liz Curtis Higgs

Heart Book Jan 22 2022 Heart Book by Jeffrey Dach MD is a journey through the confusing maze of coronary artery disease. The old medical paradigms of cholesterol and statin drugs have been upended, yet mainstream cardiology clings to these tired dogmas as if nothing has changed. This book is the paradigm shift in how to prevent and reverse coronary artery disease.

How Poetry Can Change Your Heart Jun 02 2020 How can a poem transform a life? Could poetry change the world? In this accessible volume, spoken-word stars Andrea Gibson and Megan Falley roll out the welcome mat and prove that poetry is for everyone. Whether lapsed poetry lovers, aspiring poets, or total novices, readers will learn to uncover verse in unexpected places, find their way through a poem when they don't quite "get it," and discover just how transformative poetry can be. This is a gorgeous and inspiring gift for any fan of the written word.

Follow Your Heart May 02 2020 FOLLOW YOUR HEART is about: doing what you love dealing with bills and broken legs discovering your own power finding peace of mind dealing with disasters not blaming your mother. It's about: how HAPPY people think why RICH people make money, even by accident what LOSERS do, and how not to be like them!

Wonderful You Nov 27 2019 What makes you, YOU? We are all special and unique. But we also have more in common than we think! Everyone should feel free to be ourselves because, in the end, when we come together we make the world an AMAZING place. Kate Jane Neal has created another heartfelt picture book—one that celebrates our differences AND our likenesses. This is a necessary message and a timeless book for children and even graduates.

Strike Your Heart Jun 26 2022 This coming of age novel by the acclaimed Belgian author is "a disarmingly simple yet deeply complex study of a mother-daughter relationship" (The Washington Post). One of the Washington Post's 50 Notable Works of fiction in 2018 Marie is the prettiest girl in her provincial high school, and dating the most popular boy in town. She is the envy of all her peers—and she loves it. But when she gives birth to Diane, things begin to change. Diane steals the hearts of all who meet her, inciting nothing but jealousy in her mother. This is Diane's story. Young and brilliant, she grows up learning about life through her relationships with other women: her best friend, the sweet Élisabeth; her mentor, the selfish Olivia; her sister, the beloved Célia; and, of course, her mother. It is a story about the baser sentiments that often animate human relations: rivalry, jealousy, distrust. Revered throughout Europe, Belgian novelist Amélie Nothomb has won numerous prizes, including the French Academy's Grand Prix. In Strike Your Heart, she offers a telling adult fable about womanhood and the mother-daughter bond.

Healthy Habits for Your Heart Sep 29 2022 100+ tips to improve your heart health in an easy-to-read, accessible guide with all of the advice you're looking for, without the confusing medical jargon. Your heart is the center of your body—treat it right! Understanding how your heart works and what you can do to keep it healthy is the key to preventing disease and illness. In Healthy Habits for Your Heart, you'll find over 100 heart-related habits, exercises, and strategies you can implement in your daily life to improve your heart health now and for years to come—all presented in a practical and easy-to-read format. Including information on how your heart works, what kind of dangers could threaten its health, and how you can make small changes every day to safeguard your heart's health, Healthy Habits for Your Heart, will help you take your heart's health into your own hands. Just turn the page to keep your ticker happy and strong.

Now Is the Time to Open Your Heart Aug 05 2020 The Pulitzer Prize – winning author of The Color Purple, Possessing the Secret of Joy, and The Temple of My Familiar now gives us a beautiful new novel that is at once a deeply moving personal story and a powerful spiritual journey. In Now Is the Time to Open Your Heart, Alice Walker has created a work that ranks among her finest achievements: the story of a woman's spiritual adventure that becomes a passage through time, a quest for self, and a collision with love. Kate has always been a wanderer. A well-published author, married many times, she has lived a life rich with explorations of the natural world and the human soul. Now, at fifty-seven, she leaves her lover, Yolo, to embark on a new excursion, one that begins on the Colorado River, proceeds through the past, and flows, inexorably, into the future. As Yolo begins his own parallel voyage, Kate encounters celibates and lovers, shamans and snakes, memories of family disaster and marital discord, and emerges at a place where nothing remains but love. Told with the accessible style and deep feeling that are its author's hallmarks, Now Is the Time to Open Your Heart is Alice Walker's most surprising achievement.

Music for Your Heart Jul 28 2022 Have you ever had a song stuck in your head for days? Something about its tune or lyrics impacts us and holds our attention. Why? How did the song come to be? Why was it written? And what does the song really mean? In Music for Your Heart, best-selling and award-winning author Ace Collins takes you behind the scenes of your favorite songs to show how the lyrics and music began. Through insider stories, artist bios, and inspiration from Scripture, Collins weaves stirring reflections on our adored and popular classics. Whether the featured song is a holiday carol, children's worship tune, or love song, each short chapter will inspire curious music enthusiasts as well as those seeking a book for a devotional meditation. Digging deep into the words and history of the music, these uplifting and informative reflections will warm the heart—like the songs themselves. Songs include: - Jesus Loves Me - You Are My Sunshine - How Great Thou Art - White Christmas - Amazing Grace - Sweet, Sweet Spirit - Blue Moon - Jingle Bells - You Raise Me Up - Deep and Wide - I Will Always Love You - Moon River

100 Poems to Break Your Heart Nov 07 2020 100 of the most moving and inspiring poems of the last 200 years from around the world, a collection that will comfort and enthrall anyone trapped by grief or loneliness, selected by the award-winning, best-selling, and beloved author of How to Read a Poem Implicit in poetry is the idea that we are enriched by heartbreaks, by the recognition and understanding of suffering—not just our own suffering but also the pain of others. We are not so much diminished as enlarged by grief, by our refusal to vanish, or to let others vanish, without leaving a record. And poets are people who are determined to leave a trace in words, to transform oceanic depths of feeling into art that speaks to others. In 100 Poems to Break Your Heart, poet and advocate Edward Hirsch selects 100 poems, from the nineteenth century to the present, and illuminates them, unpacking context and references to help the reader fully experience the range of emotion and wisdom within these poems. For anyone trying to process grief, loneliness, or fear, this collection of poetry will be your guide in trying times.

Your Heart, My Sky Oct 19 2021 Acclaimed author Margarita Engle tells a painful, poignant story of love in a time of hunger inspired by her own family's struggles during a dark period in Cuba's history. The people of Cuba are living in el período especial en tiempos de paz—the special period in times of peace. That's what the government insists that this era must be called, but the reality behind these words is starvation. Liana is struggling to find enough to eat. Yet hunger has also made her brave: she finds the courage to skip a summer of so-called volunteer farm labor, even though she risks government retribution. Nearby, a quiet, handsome boy named Amado also refuses to comply, so he wanders alone, trying to discover rare sources of food. A chance encounter with an enigmatic dog brings Liana and Amado together. United in hope and hunger, they soon discover that their feelings for each other run deep. Love can feed their souls and hearts—but is it enough to withstand el período especial?

Restart Your Heart Dec 09 2020 Compelling, expert advice on how to live fearlessly with atrial fibrillation AFib patients, their family, friends, and caregivers are often misinformed about the latest research, advancements, and treatments. In this life-changing book, renowned cardiac electrophysiologist Dr. Aseem Desai diminishes the worry and confusion that come with an AFib diagnosis by presenting you with the latest medical information in a concise and positive way. Dr. Desai has made it his mission to significantly improve the lives of those diagnosed with AFib and to offer hope and encouragement to patients and their loved ones. Filled with innovative knowledge and vivid illustrations, Restart Your Heart will empower and inspire you by providing straightforward answers and options to deal with this complex disease. In this comprehensive guide to living your best life with AFib, you will: • Be Informed about what AFib is, why it happens, and simple steps to take after being diagnosed. • Be Prepared to deal with the diagnosis and condition on mental and emotional levels, and create a toolbox for resilience in challenging times. • Be in Control by gaining crucial knowledge about trigger and risk factor modifications, the latest treatment options, and how to monitor the disease for progression or recurrence. Restart Your Heart delivers cutting-edge information, options, and solutions that will afford you a newfound sense of comfort, confidence, and control.

Don't Follow Your Heart Jul 24 2019

Follow Your Heart Dec 29 2019 Can they give first love a second chance? Kathy Yoder left her Amish community ten years ago. Isaac Mast has never forgotten his first love, Katrina Yoder. When a revelation about Isaac comes to light, Kathy decides to take things into her own hands. Will her decision destroy even the friendship they once had, or possibly bring them together?

Heart Your Heart Jun 14 2021 Let's-read-and-find-out about Your Heart Night and day, whether you're asleep or awake, your heart is always beating. Read and find out how your heart works and how to keep it healthy.

Tell Your Heart to Sing Again Jul 04 2020 There is hope for you! How do you cope, let alone rebuild your life after a series of trials, stressful difficulties, and traumatic experiences? Is there life after tragedy? How do you move forward into a meaningful life filled with purpose and destiny? Noted author, James W. Goll, takes us on his personal journey of facing three bouts with cancer, the death of his beloved spouse, becoming a single parent, overwhelming debt, intense sorrow, being left with many profound questions—all while being exposed to public scrutiny as a global ministry. James shares his story and unpacks wisdom gained when the bottom fell out of his world. In Tell Your Heart to Sing Again, learn how you can: Catch the little foxes that lead to downward spirals Navigate through the stages of forced change Maintain your faith that God is good no matter what comes Never, never give up Become a hope ambassador, and much more Deeply personal and intensely practical, Tell Your Heart to Sing Again will give you useful tools whether for you or someone you love. You can rediscover life after tragedy!

Follow Your Heart Apr 24 2022 An international bestseller with tremendous word-of-mouth appeal, Follow Your Heart is a bittersweet, heartwarming novel spanning generations and teaching the universal truths about life, love, and what lies within each of us. Originally published in Italy, Follow Your Heart won the coveted Premio Donna Citta di Roma and sold over 800,000 copies in that country alone before hitting bestseller lists throughout the rest of Europe. Now North American readers can enjoy the novel that has won over the world. It begins in late autumn 1992 as an elderly Italian woman, prompted by the knowledge of her encroaching death, sits down to write a letter to her granddaughter now grown and living in far-off America. Through these moving reflections, we see one life laid bare—joys, sorrows, regrets, and all. And through the eyes of a woman nearing the end of her days, we come to understand what life experience has taught her: that no matter what the stakes, we must look within ourselves and gather the courage to follow our hearts.

Words and Your Heart Oct 31 2022 A timely and deeply moving debut picture book that explores the power our words hold.

Put Your Heart in Your Mouth Mar 31 2020 If you stop any person on the street and ask them what causes heart disease, you know what their answer will be: butter and eggs, meat and fat. This infamous Diet-Heart Hypothesis was proposed in 1953, and it took scientists all over the world a few decades to prove it wrong. The trouble is that while science was beginning to cast doubt upon its basic tenets, the Diet-Heart Hypothesis was giving rise to a powerful and wealthy political and commercial machine with a vested interest in promoting it—by means of anti-fat and anti-cholesterol propaganda presented relentlessly and with increasing intensity. In this book Dr. Campbell-McBride tackles the subject of CHD (Coronary Heart Disease), caused by atherosclerosis, a disease of the arterial wall that leads to narrowing and

obstruction of the arteries. She maintains that conventional medicine does not actually know the cause of atherosclerosis or how to cure it, and explores in this book what it is, what causes it, and how to prevent and reverse it. She dispels the myth of the Diet-Heart Hypothesis, and explains that cholesterol is not the enemy but an integral and important part of our cell membranes.

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