



# **52 Foods and Supplements for a Healthy Heart: A Guide to All of the Nutrition You Need, from A-to-Z (Healthy Home Library)**

*Deborah Mitchell*

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Heart disease is one of today's most common—and preventable—health conditions. Learn how to reduce your risk, strengthen your heart, and even reverse the disease process with:

### **52 foods and supplements for a healthy heart**

- The most comprehensive, up-to-date information on how to promote a healthy heart—naturally and nutritiously
- A-to-Z listings of the most essential heart-smart foods, vitamins, and supplements
- Simple, nutritional ways to reduce cholesterol, lower blood pressure, reduce the risk of heart attack, and reverse the process of heart disease
- How to incorporate healthier foods and supplements into your daily diet
- Delicious, easy-to-prepare recipes that your whole family will love
- Which supplements to take to replace nutrients that are lost when taking statins
- The latest medical studies supporting the importance of certain foods and supplements for a strong, healthy heart

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