



## Americas Healthy Heart Reminder

By Mark Carey

iUniverse. Paperback. Book Condition: New. Paperback. 284 pages. Dimensions: 9.0in. x 6.1in. x 0.7in. Americas Healthy Heart Reminder It is uncommon that so much effort and time is placed in a classic to benefit others with elevated cholesterol or other health concerns. I applaud the effort. It comes from the heart. Mark R. Nielsen, M. D. Americas Healthy Heart Reminder Current Health Guidelines. A Buying Guide For Quality Heart Healthy Food. Nutritional Values Information From The Most Recent U. S. D. A. Release. Omega-3 Fat In Fish and Seafood. Tips On Selecting Fish and Seafood in the Market A Guide For Processed Meat, Poultry, Seafood, Fruit, Produce and More. Detailed Food Safety Tips. Cooking Methods For Heart Healthy Cooking. Dining Out Suggestions. Information On Coffee, Tea and Wine. The safe, complete and practical food guide for the prevention of heart and vascular disease or living with it on a low: fat, cholesterol, and sodium diet! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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