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HEART HEALTH

**101** Best Foods  
To Lower Cholesterol  
and Prevent Heart  
Disease



Health Research Staff

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Heart disease is the leading cause of death in the United States and is a major cause of disability!

While it's important to always be paying attention to your calorie intake in order to achieve a healthy body weight, one cannot overlook where these calories are coming from. If you eat a diet that is full of fatty meats, highly refined carbohydrates, and other fast and processed foods, you're setting yourself up for numerous health problems.

Some of the main health conditions that you could be at risk for include cancer, diabetes, stroke, as well as heart disease. If you let your cholesterol levels get out of check and are experiencing high blood pressure or other factors due to that, you could be at risk for one of the most common health

'killers' out there.

Fortunately, this is completely under your control if you simply learn the top foods to be eating to promote good heart health.

In this book we look at 101 such foods. Each of these foods will:

- Support a healthy heart
- Improve your body functioning
- Provide a stable source of energy that will get you through your day
- Taste great and be easy to add to your diet if you're not currently eating

\*\*\* Includes a shopping list that conveniently organizes them as you would find them while shopping. \*\*\*

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