# Preventing & Reversing Heart Disease

## DUMIES A Wiley Brand

### Learn to:

- Prevent and reverse the effects of heart disease
- Take control of your heart health
- Lower blood pressure and reduce cholesterol with recipes and exercise tips
- Control stress, depression, and more

James M. Rippe, MD

Leading Cardiologist, Founder and Director of the Rippe Lifestyle Institute



## **Heart Disease For Dummies**

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