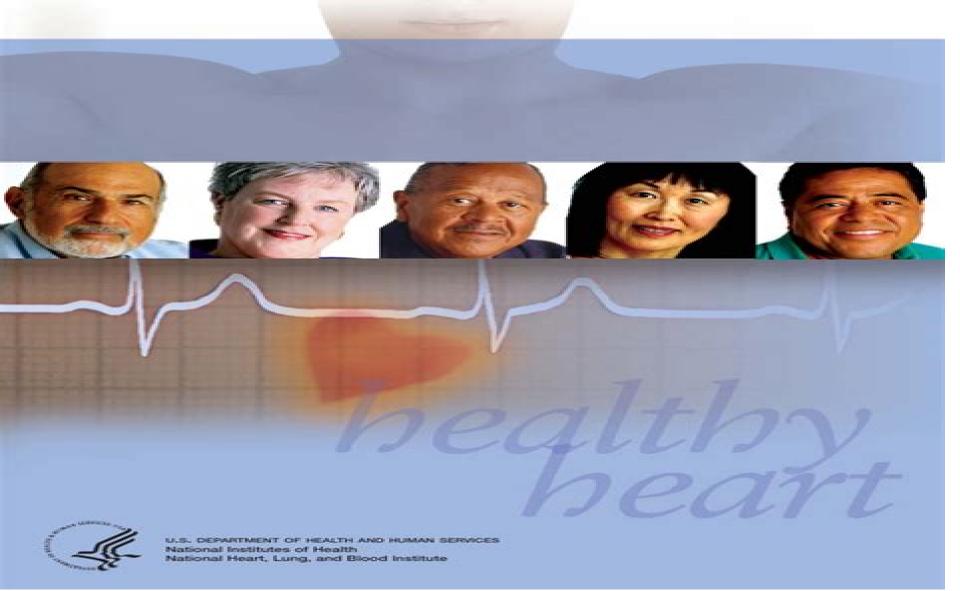


# YOUR GUIDE TO

# A Healthy Heart



# **Healthy Heart Handbook For Women Nih Publication**

**Jiyuan Zhang** 

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