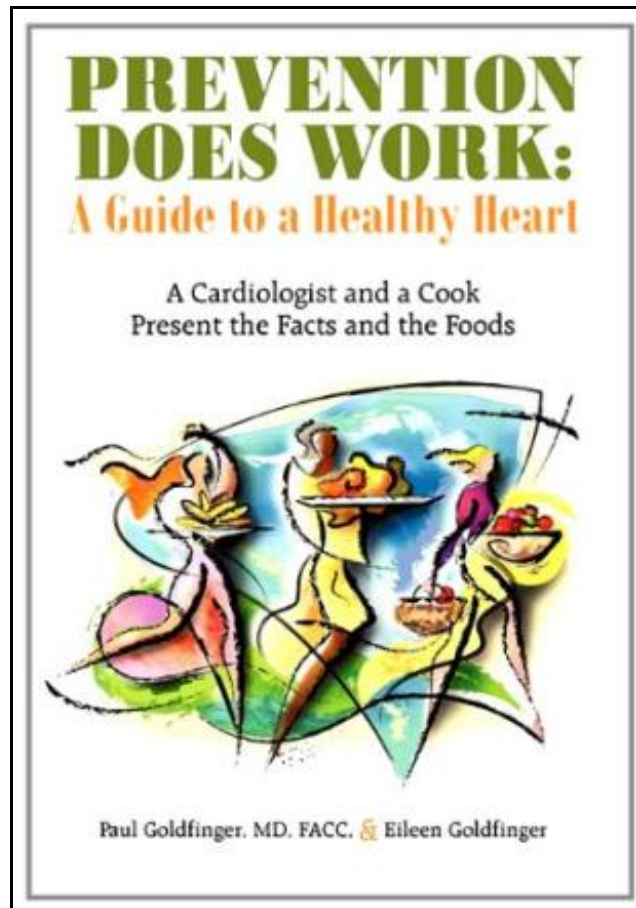


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(Dr. Kayden Gerlach)

PREVENTION DOES WORK: A GUIDE TO A HEALTHY HEART: A CARDIOLOGIST AND A COOK PRESENT THE FACTS AND THE FOODS (PAPERBACK)



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iUniverse, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A cardiologist collaborates with an experienced cook in this unique, evidence-based resource containing two parts: a patient education section and a heart-healthy cookbook. Prevention Does Work: A Guide to a Healthy Heart is now in its fourth edition. A guide designed for lay people, including heart patients and healthy individuals concerned about the risk of heart disease, it provides vital information- based upon scientific evidence-that many patients might not get from their physicians. Preventing heart disease is possible. A cardiologist collaborates with an experienced cook in this unique, evidence-based resource, which contains two parts: a patient education section and a heart-healthy cookbook. A practical, and comprehensive guide with an emphasis on nutrition, it combines clear and easy-to-understand medical facts with a carefully designed section on food preparation. It offers over thirty heart-healthy recipes, many of which feature seafood, chicken, and turkey. The creative dishes range from Eileen s Feel Good Chicken with Orange Sauce to Scallops and Shrimp Portuguese Style. Offering two books in one, Prevention Does Work has been popular with both patients and healthcare providers. Now in its fourth and most complete version, this is a reference to keep in the kitchen as a guide to good health. Prevention does work!.

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