

The Total Guide to a Healthy Heart: Integrative Strategies for Preventing and Reversing Heart Disease

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Abstrak

The Total Guide To A Healthy Heart" is the first and only book by a triple board certified cardiologist to combine the best of conventional and alternative strategies for preventing and reversing heart disease. Dr. Seth J. Baum, founder of the Baum Center for Integrative Heart Care and the formulator of Heartbeat Elite, a very successful supplement designed specifically for supporting cardio-vascular health, takes us into the new age of heart health in this authoritative and comprehensive guide to strengthening your heart and keeping it strong.