



Your Heart is Your Health! (Paperback)

By Robert Butler

Lulu.com, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A personal experience with coronary heart disease which led me to create my own diet and exercise program which works. It is a layman's explanation about inherited health issues, the four EVILS of eating/drinking: sugar, fat, salt, and caffeine. This book was written to help the average person who wants to understand the importance of keeping the heart healthy! It can also help with weight loss and exercise, the keys to a healthy heart!!.



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