



The Everything Guide to Preventing Heart Disease: All you need to know to lower your blood pressure, beat high cholesterol, and stop heart disease in its tracks (Everything (Health))

By Murdoc Khaleghi MD

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If you have heart disease, you know that beating this condition involves more than just taking medication or trying to eat healthier--it entails a complete lifestyle overhaul! This guide takes a contemporary medical and holistic approach to fighting the disease, and helps you make the changes that can mean the difference between life and death. This guide includes:

- Information on how heart disease affects your body, and what medications, diets, and exercises effectively combat it
- A specific focus on preventing heart disease in young adults and adolescents
- Up-to-the-minute medical advice, stress-reduction techniques, and alternative therapies
- 150 delicious, heart-healthy recipes

This book places power and control back into your hands, arming you with the knowledge and tools you need to fight back against heart disease and live a happier, healthier life.

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Editorial Review

About the Author

Murdoc Khaleghi, MD is an emergency physician attending in Massachusetts. After studying biomedical engineering and medicine at the University of California, San Diego, he trained in emergency medicine through Tufts University. Dr. Khaleghi has earned numerous research fellowships--from institutions such as the American Heart Association, the National Institutes of Health, the Howard Hughes Medical Institute, and the Sam and Rose Stein Institute for Research on Aging--that he has used to perform research on topics ranging from cardiovascular disorders to the benefits of cholesterol-lowering drugs.

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