



The Healthy Heart Miracle

By Gabe Mirkin

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Healthy Heart Miracle, Gabe Mirkin, For those hoping to reduce their risk of heart attack, stroke, and diabetes, "The Healthy Heart Miracle" offers a simple, 8-week plan that works or without cholesterol or blood pressure-lowering drugs. Dr. Mirkin's Show Me! Diet dramatically improves blood pressure, cholesterol, and triglyceride levels, and his DASH Plus program offers a whole-grain, high-vegetable regimen that includes easy-to-follow menus and 50 recipes. The exercise program Dr. Mirkin has devised accommodates differing levels of fitness and is geared toward today's hectic, time-strapped lives.

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