



Heart Health Secrets



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Introduction

Heart attacks are one of the leading causes of death in America. With most of us suffering from various kinds of health conditions and adding a lot of extra stress to the heart through our lack of activity and poor eating habits, it is no wonder that many of us are just ticking time bombs before we are able to experience a heart attack ourselves.

Mother Nature has taken hundreds of thousands of years of evolution to develop your heart along with the rest of your body.



Perfected by nature to become arguably the most important organ in your body. Your heart is a large muscle that pumps blood containing oxygen and other essential substances to all the organs and cells of the body. Not just that, it provides the means of removing the waste that is produced by day to day bodily functions.

This guidebook is going to spend some time looking at the various aspects of heart disease and heart attacks. You'll learn

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