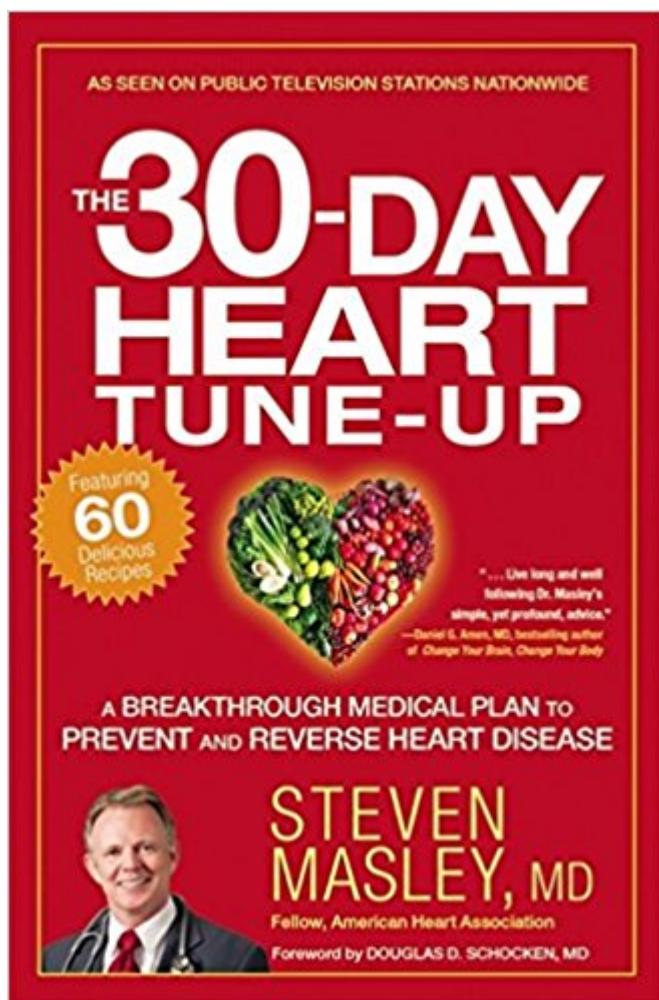


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# The 30-Day Heart Tune-Up: A Breakthrough Medical Plan To Prevent And Reverse Heart Disease



## Synopsis

THE 30-DAY HEART TUNE-UP takes readers step by step through a revolutionary program to tune up their hearts, energy, waistlines, and sex lives, with 60 delicious recipes to help jump-start a heart-healthy diet. Cardiovascular disease is the #1 killer of Americans today. But, the good news is that everyone—regardless of size, genetics, gender, or age—can treat arterial plaque and prevent heart attacks and strokes with this book. The keys to the program are shrinking arterial plaque, improving circulation, and strengthening your heartbeat. The tools in this book include heart-healing foods, exercise that strengthens the heart and arteries, stress management, and a customized heart-friendly supplement plan. THE 30-DAY HEART TUNE-UP program is easy, fast, and could even be called sexy. Dr. Masley devotes a chapter to showing how improving heart health enhances sex drive and function in both men and women.

## Customer Reviews

"Take care of your heart and live long and well following Dr. Masley's simple, yet profound, advice. It's a program everyone can follow and I highly recommend it." •Daniel G. Amen, MD, bestselling author of *Change Your Brain, Change Your Body*"Dr. Masley's program has the potential to be the "Heart Cure" America desperately needs. Get on this inspiring, breakthrough plan!" •Sara Gottfried, MD, New York Times bestselling author of *The Hormone Cure*

STEVEN MASLEY, M.D., F.A.A.F.P., C.N.S., F.A.C.N., C.C.D., is a board-certified and fellow-certified physician and nutritionist, a health researcher, speaker, author, and chef. He has won acclaim for helping hundreds of patients reverse Type II diabetes and eliminate the symptoms of cardiovascular disease. Dr. Masley is the President for the Masley Optimal Health Center, the medical director for the Ten Years Younger Program, and has a clinical appointment with the University of South Florida. Learn more: [DrMasley.com](http://DrMasley.com)

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