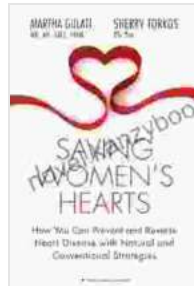


Saving Women's Hearts: A Life-Saving Guide for Every Woman



Saving Women's Hearts: How You Can Prevent and Reverse Heart Disease With Natural and Conventional Strategies by Martha Gulati

★★★★☆ 4.4 out of 5



What is heart disease?

Heart disease is a leading cause of death for women in the United States. It is a condition that affects the heart and blood vessels. Heart disease can include conditions such as coronary artery disease, heart attack, and stroke.

What are the risk factors for heart disease?

There are a number of risk factors for heart disease, including:

- Age
- High blood pressure
- High cholesterol

- Diabetes
- Obesity
- Smoking
- Family history of heart disease

What are the symptoms of heart disease?

The symptoms of heart disease can vary depending on the type of condition. However, some common symptoms of heart disease include:

- Chest pain or discomfort
- Shortness of breath
- Fatigue
- Lightheadedness or dizziness
- Pain in the neck, jaw, back, or arms

How is heart disease treated?

The treatment for heart disease will vary depending on the type of condition. However, some common treatments for heart disease include:

- Medication
- Lifestyle changes
- Surgery

How can I prevent heart disease?

There are a number of things you can do to help prevent heart disease, including:

- Eating a healthy diet
- Getting regular exercise
- Maintaining a healthy weight
- Not smoking
- Managing your blood pressure and cholesterol

Saving Women's Hearts: A Life-Saving Guide for Every Woman

Saving Women's Hearts is a comprehensive guide to help women understand, prevent, and treat heart disease. Written by a leading cardiologist, this book provides the latest information on heart health, including risk factors, symptoms, and treatment options.

This book is an essential resource for every woman who wants to take control of her heart health and live a long, healthy life.

Free Download your copy of Saving Women's Hearts today!

MARTHA GULATI
MD, MS, FACC, FAHA

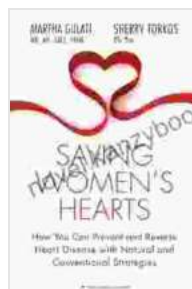
SHERRY TORKOS
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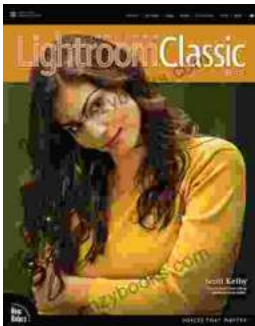


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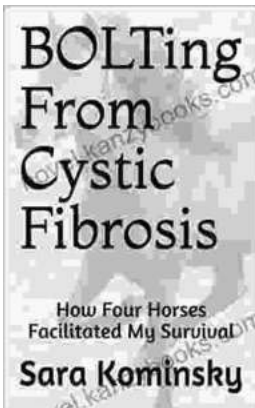
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