



The Heart Health Bible: The 5-Step Plan to Prevent and Reverse Heart Disease

By Kennedy MD, John M.

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Summary: John M. Kennedy, M.D., a leader in the dynamic field of preventative cardiology, draws on two decades of experience as an invasive cardiologist, as well as his own work in the field of integrative medicine, to offer an empowering "outside-the-box" approach to total heart health as a foundational set of five steps that can save your life.



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