

Learn how to

Cut your risk of heart attack or stroke as much as 50%!

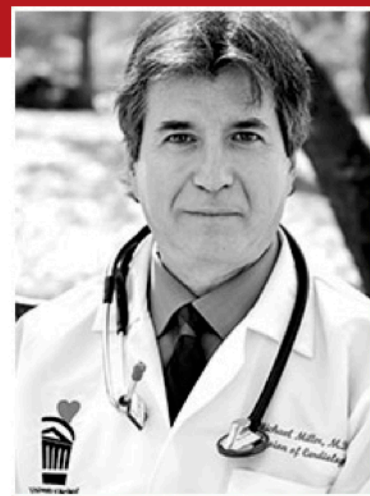
Without drugs, surgery, or restrictive dieting!

Thanks to the cutting-edge new science of behavioral cardiology, we now know the surprising link between our emotions and how we manage stress, which could be the hidden cause of heart attack or stroke.

In the groundbreaking new book *Heal Your Heart*, Dr. Michael Miller, a pioneer in the field of behavioral cardiology, takes you inside your heart and explains in fascinating detail what is going on while you're eating, exercising, stressing, and laughing. He also shows how simple changes in your daily life can **revitalize your heart, prevent strokes, lower blood pressure, and reduce cholesterol** — without drugs, without surgery, and without restrictive dieting.

Heal Your Heart helps you stop the stress-induced chemical chain reactions that trigger heart disease and stroke and teaches you the best foods that heal and counteract stress, which foods to avoid, and simple techniques that boost endorphins, improve blood flow, and get you feeling healthy and great again! Plus, you can drop up to 25 pounds, boost immunity, sleep better, and more! You'll learn tips and tricks such as:

- **The orange juice solution** that calms after an angry outburst. **Pg 179**
- **The fruit that helps neutralize a fatty hamburger** and fight heart disease. **Pg 50**
- **Which beer** offers the best heart protection. **Pg 49**
- **The sweet potato solution** to boost mood. **Pg 179**
- **Which heart medicine** can trigger a coronary if you stop it suddenly. **Pg 188**



“Each day we read about ‘healthy’ individuals who suddenly suffer heart attacks or strokes. I’ve devoted my entire career to understanding why, so it doesn’t happen to you!”

— Dr. Michael Miller,
Cardiologist

Dr. Miller's groundbreaking, 28-day plan will tell you exactly which foods can undo past damage and rejuvenate a damaged heart, lower your blood pressure, skyrocket your mood, and cut your risk of stroke in half. Dr. Miller's revolutionary insights have been featured on *Good Morning America, 20/20, The Rachael Ray Show, CNN, Fox News, and NBC News*. Dr. Miller is the director of the Center for Preventive Cardiology at the University of Maryland Medical Center and staff