

Announcing a Heart Strong in PDF format

by Ken Hutchins

Title: *Heart Strong*, (128 Pages).

Price: \$29

Format: Encrypted PDF that reads on PC, Mac, iPad, iPhone, and Android platforms. (It is printable!).

About *Heart Strong*: This new book chronicles the history of exercise-induced headache (EIH) from before and including the early Nautilus heyday, through the Nautilus-funded Osteoporosis Project to present. The story of Ken's frustration with this nuisance and Dr. Doug McGuff's astounding discovery of its connection to cardiac perfusion to show the superior benefit of strengthening activity over that of steady-state makes for required reading by exercise instructors and physicians alike.

In addition to the narrative, Ken provides exacting instructions how to apply the occipital squeeze technique (OST) to relieve the EIH as well as other common types of headache. This alone makes this book invaluable to those exercise instructors and other professionals who often lose clients and patients due to the EIH nuisance. Before writing this book, Ken has "saved" client attrition for several exercise instruction businesses by explaining OST over the phone. Now it is in readable form for everyone who has this book.

Purchasing Procedure

Go to Drew Baye's Shopify store. You will find it there to purchase from Drew (Baye.com).

Heart Strong

How We Learned to Condition the Heart

by Ken Hutchins

- Achieving Maximum Cardiac Perfusion
 - How Cardiology Fails Us
 - The Ignored Enlightenment
 - The Grammatical Miscarriage That Fosters Cardio
 - Stroke Volume versus Heart Rate Elevation
 - Exercise-Induced Headache: The Secret Key to Health
 - Managing Exercise-Induced Headache
 - Learn the Sub-Occipital Squeeze Technique
- to
- Save Your Exercise Instruction Business
- Heart Rate Elevation—in and of itself—Is Worthless
 - Dr. Doug McGuff’s Discovery That Rocks Cardiology

by the Author of *SuperSlow®—the Ultimate Exercise Protocol* and
the Developer of the SuperSlow® Exercise Protocol
and the Inventor of the Linear Spine® Machines

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