

Announcing a New Book

by Ken Hutchins

Title: *Heart Strong*, (126 Pages)

Price: \$27

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(Hard Cover Projected Available in Early 2020.)

The following pages show the title page and the table of contents.

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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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