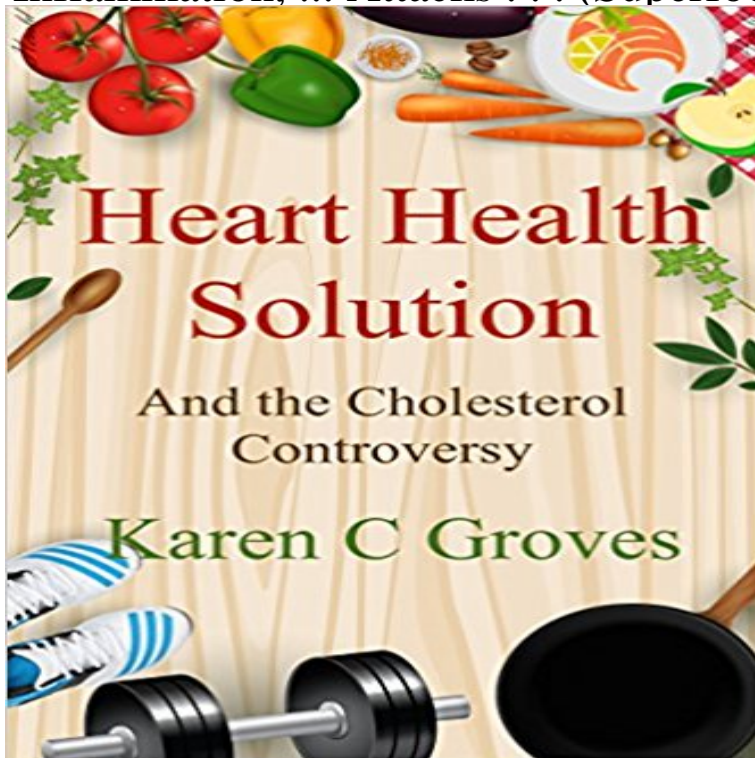


Heart Health Solution and the Cholesterol Controversy: How to promote Heart Health with Superfoods for Hypertension, Cholesterol Balance, Inflammation, ... Attacks . . . (Superfoods Series Book 11)



Did you know that conventional medicine has failed to bring down the incidence of heart disease? For over half a century Americans have been encouraged to eat low fat foods, follow low fat diets and use vegetable oils rather than animal fat, butter, lard or tropical oils, while degenerative diseases like coronary heart disease have not even slowed down. Whats wrong with this picture? HEART HEALTH SOLUTION promotes Heart Health with Superfoods for Hypertension, Cholesterol Balance, Inflammation, Nerves to the Heart, Blood Circulation and to Avoid Heart Attacks. READER REVIEWSKarens book is like an answer to many prayers.This book gives me a natural way to manage my husbands heart health . . .The book is very straightforward and well-written.This excellent little book shows how as a society we are killing ourselves with our eating habits.If you are interested in good health this book is a worthwhile read. Cholesterol happens to be one of the most misunderstood health topics. Research is showing that many persons who have had heart attacks have low cholesterol levels, and many with higher levels have little or no problems with heart disease. Cholesterol, per se, may not be the problem at all. It is looking like inflammation is the root cause of heart disease. In this Second Edition, you will find a significantly expanded treatment of the Cholesterol Controversy. In this book, I teach you what you need to know about the nutrients essential for heart health and the superfoods where you can find them natural solutions to problems associated with cardiovascular disease (coronary heart disease). Specifically youll find:Superfoods that nourish nerves to the heartSuperfoods that help ensure good blood circulationSuperfoods that lower or prevent hypertension (high blood pressure)Superfoods that balance cholesterol levels (and the cholesterol

controversy) Superfoods that help with inflammation Superfoods that help you avoid heart attacks These nutrient rich foods can make a major difference in your life. In this book you will learn which superfoods are relevant to these various heart functions and why, to help you effectively deal with your own heart issues.

AND INSIDE: With this book, Get FREE Smoothie Recipes for the Top 2 Killer Diseases. And one of them is Heart Disease! Start eating for a healthy heart today! Download this book NOW!

Et les renforts arrivent encore Bon Åa sera la derniÅre revue de troupes de la semaine. Donc on arrive Å 300 figurines il en reste donc 420... mais Åa va Åa avance bien. Je m'amuserais surtout sur les petites piÅces. LÅ c'est du monobloc donc mÅme si la ligne de moulage est visible -donc il faut Åbarber presque tout le tour de la figurine... oui oui.- Comme Å chaque dÅbut de dÅfi, je suis dans les temps, limite mieux qu'espÅrer. Mais par expÅrience je sais que c'est le creux du dÅfi qui m'est fatal donc on verra quand j'aurais tout ÅbarbÅ :) PubliÅ par CdtK Å 17:37 4 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÅs : Blabla lundi 1 aoÅt 2016 Revue des troupes Bon juste une petite photo pour montrer que je passe Å l'infanterie. j'adore l'Åbarbage. Oui certains diront que Åa fait parti du hobby mais c'est vraiment ce que je dÅteste le plus. Et puis lÅ c'est de l'industriel. PubliÅ par CdtK Å 17:06 2 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÅs : Blabla vendredi 22 juillet 2016 Pour une poignÅe de trous en plus VoilÅ les plaquettes de 6cm ont ÅtÅ percÅ... 1200 trous... oui oui. 1200 trous dans du plexi -vous savez le truc qui se colle une fois sur deux sur la mÅche. Mais voilÅ pour les 6cm c'est fini et je verrais pour les 8cm de front plus tard -je dirais fin aoÅt-. Mais Å quoi Åa correspond? Donc dire des trous c'est bien mais Åa renseigne pas beaucoup alors 1200 trous c'est : 594 soldats -de lÅger Å lourd- 231 cavaliers et 24 canons avec 4 artilleurs. Oui monsieur. Bon alors je suis dÅÅ de ne pas avoir plus de soldats Å pied. C'est pas super grave, je doute que toutes les plaquettes soient un jour sur la mÅme table. Mais bon quand on voit que pour 30e -3 plaquettes- j'ai pu fait celle lÅ et autant en 8cm, Åa va. Il faut voir ce que cela m'aurait coutÅ dans le commerce. On y rajoute le prix des aimants -15e les 1000 fdpin- et j'ai quand mÅme un trÅs bon rapport qualitÅ-prix par rapport Å ce que je recherchais. Il le reste Å Åbarber les trous pour y glisser l'aimant et Åa sera parfait je pourrais retourner Å mes figurines. PubliÅ par CdtK Å 09:52 2 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÅs : 28mm, Blabla jeudi 14 juillet 2016 florian.bardi. ThÅme Voyages. Images de thÅmes de Storman. Fourni par Blogger.

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