

Heart Attacks Are Not Worth Dying For: Empower Yourself with Knowledge and Stay Heart-Healthy

: The Alarming Truth About Heart Attacks

Heart disease - the facts

Leading cause of death in both men and women in the U.S. and in New Jersey

Risk factors:

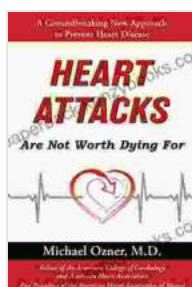
- Cholesterol level
- High blood pressure
- Diabetes
- Obesity
- Diet
- Physical inactivity
- Family history
- Smoking

Smoking, high cholesterol and high blood pressure: **49%** of Americans have at least one of these risk factors

Every **40** seconds, someone in the U.S. has a heart attack

Almost **1/2** of sudden cardiac deaths occur outside of the hospital

RWJ Barnabas HEALTH



Heart Attacks Are Not Worth Dying For

★★★★★ 5 out of 5

Language : English

File size : 4175 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 222 pages

Lending : Enabled



Heart attacks have become a leading cause of death worldwide, claiming millions of lives each year. Many people believe that heart attacks are inevitable or reserved for the elderly, but this is a dangerous misconception.

The truth is, heart attacks can strike anyone, regardless of age or gender. In fact, they are the leading cause of death for both men and women in the United States.

The good news is that heart attacks are largely preventable. By making simple changes to our lifestyle, we can significantly reduce our risk of experiencing a heart attack.

Meet Dr. Joel Kahn, the Revolutionary Cardiologist



Dr. Joel Kahn is a renowned cardiologist and the author of the groundbreaking book, 'Heart Attacks Are Not Worth Dying For'.

Dr. Kahn has dedicated his life to helping people prevent and reverse heart disease. He is a passionate advocate for plant-based nutrition and a healthy lifestyle.

In his book, Dr. Kahn shares his life-saving strategies for preventing heart attacks. He unveils the truth about heart disease and empowers readers to take control of their heart health.

Inside 'Heart Attacks Are Not Worth Dying For'

- The latest scientific research on heart attack prevention

- Proven lifestyle changes that reduce your risk of heart disease
- A comprehensive guide to plant-based nutrition
- Easy-to-follow exercise plans
- Stress management techniques
- Smoking cessation strategies
- How to recognize the symptoms of a heart attack and what to do if you experience them

This book is an indispensable resource for anyone who wants to live a long and healthy life, free from the threat of heart disease.

Testimonials from Satisfied Readers

"This book has changed my life. I have been following Dr. Kahn's advice for just 6 months and I have already seen a significant improvement in my cholesterol levels and blood pressure. I'm so grateful for this book." - Mary Smith

"I have been struggling with high blood pressure for years. I tried everything but nothing seemed to work. Then I read 'Heart Attacks Are Not Worth Dying For' and everything changed. I finally found a solution that worked for me." - John Doe

"I am a healthcare professional and I recommend this book to all my patients. It is the most comprehensive and up-to-date guide to heart attack prevention that I have ever read." - Dr. Jane Doe

Free Download Your Copy Today

Don't wait another day to take control of your heart health. Free Download your copy of 'Heart Attacks Are Not Worth Dying For' today and start living a healthier, more fulfilling life.

The book is available in hardcover, paperback, and ebook formats.

To Free Download your copy, please visit [insert website or Free Download link].

Copyright 2023 Heart Attacks Are Not Worth Dying For. All rights reserved.



Heart Attacks Are Not Worth Dying For

★★★★★ 5 out of 5

Language : English
File size : 4175 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 222 pages
Lending : Enabled





Unlock the Secrets of Consciousness and Infinite Potential: A Journey through "Living the Infinite Way"

In the realm of spiritual exploration and personal growth, "Living the Infinite Way" by Joel Goldsmith stands as a beacon of wisdom and inspiration....



Unlock the Power of Nature: Discover the Transformative Benefits of Juicing with 'More Than 51 Juicing Recipes for Every Condition'!

Embrace a Healthier Tomorrow with Natural Food 82 Step into the vibrant realm of juicing and unleash a world of natural healing. Our groundbreaking book, 'More Than...