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The 30-Day Heart Tune-Up: A Breakthrough Medical Plan to Prevent and Reverse Heart Disease

Steven Masley

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THE 30-DAY HEART TUNE-UP takes readers step by step through a revolutionary program to tune up their hearts, energy, waistlines, and sex lives, with 60 delicious recipes to help jump-start a heart-healthy diet.
Cardiovascular disease is the #1 killer of Americans today. But, the good news is that everyone-regardless of size, genetics, gender, or age-can treat arterial plaque and prevent heart attacks and strokes with this book. The keys to the program are shrinking arterial plaque, improving circulation, and strengthening your heartbeat. The tools in this book include heart-healing foods, exercise that strengthens the heart and arteries, stress management, and a customized heart-friendly supplement plan. THE 30-DAY HEART TUNE-UP program is easy, fast, and could even be called sexy. Dr. Masley devotes a chapter to showing how improving heart health enhances sex drive and function in both men and women.

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