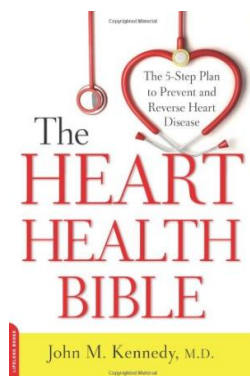


## The Heart Health Bible: The 5-Step Plan to Prevent and Reverse Heart Disease



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