

put your heart in pdf

Put Your Heart in Your Mouth by Dr. Natasha Campbell-McBride Conventional medicine does not know what causes atherosclerosis or how to cure it. Risk factors have been identified that are thought to contribute to the development of atherosclerosis.

Put Your Heart in Your Mouth | Foundation for Alternative

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Your heart is a muscle and it needs physical activity to stay in good condition. Regular walking can help to give your heart the workout it needs. Being active helps reduce your risk of developing coronary heart disease. Walking can also help reduce your risk of stroke, Type 2 diabetes, obesity and osteoporosis. And thatâ€™s not all.

PUT YOUR HEART INTO WALKING - British Heart Foundation

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