



**Heart Disease: Blood Pressure, Cholesterol, and
Heart Disease: The most important information
you need to improve your health (The Everything®
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Understanding heart disease is your first step in reversing or preventing a potentially life-threatening condition. The Everything® Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to manage your heart disease and lead a healthy life.

Inside you'll find useful information on the causes and effects of high blood pressure and high cholesterol and their affect on heart health. You'll also learn about various treatment options and lifestyle changes that can help minimize your risk of heart attack.

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