



# The Healthy Heart Miracle

*Gabe, M.D. Mirkin*

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## **The Healthy Heart Miracle** Gabe, M.D. Mirkin

For those hoping to reduce their risk of heart attack, stroke, and diabetes, The Healthy Heart Miracle offers a simple, 8-week plan that works or without cholesterol or blood pressure-lowering drugs. Dr. Mirkin's SHOW ME! Diet dramatically improves blood pressure, cholesterol, and triglyceride levels, and his DASH Plus program offers a whole-grain, high-vegetable regimen that includes easy-to-follow menus and 50 recipes. The exercise program Dr. Mirkin has devised accommodates differing levels of fitness and is geared toward today's hectic, time-strapped lives.

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