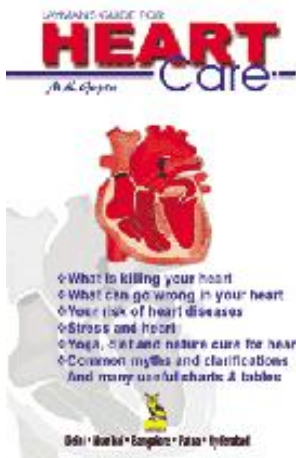




Heart Care



Author: M.k. Gupta
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Given the modern lifestyle, heart ailment is on the rise. Sometimes we might ignore certain symptoms which may indicate some heart-weakness.

Thus it is advisable to be aware about the related facts, even if one is not suffering from the problem.

This unique, easy-to-understand book packed with illustrations and charts is designed in such a way which can even be understood by a layman.

Explained in a very scientific, methodical and practical way it covers:

- *What is killing your heart?
- *What can go wrong with your heart?
- *Your chances of getting a heart disease.
- *Stress and heart.
- *Yoga, diet and nature cure for heart.
- *Common myths and clarifications.

It also covers many useful charts and tables for ready reference.

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