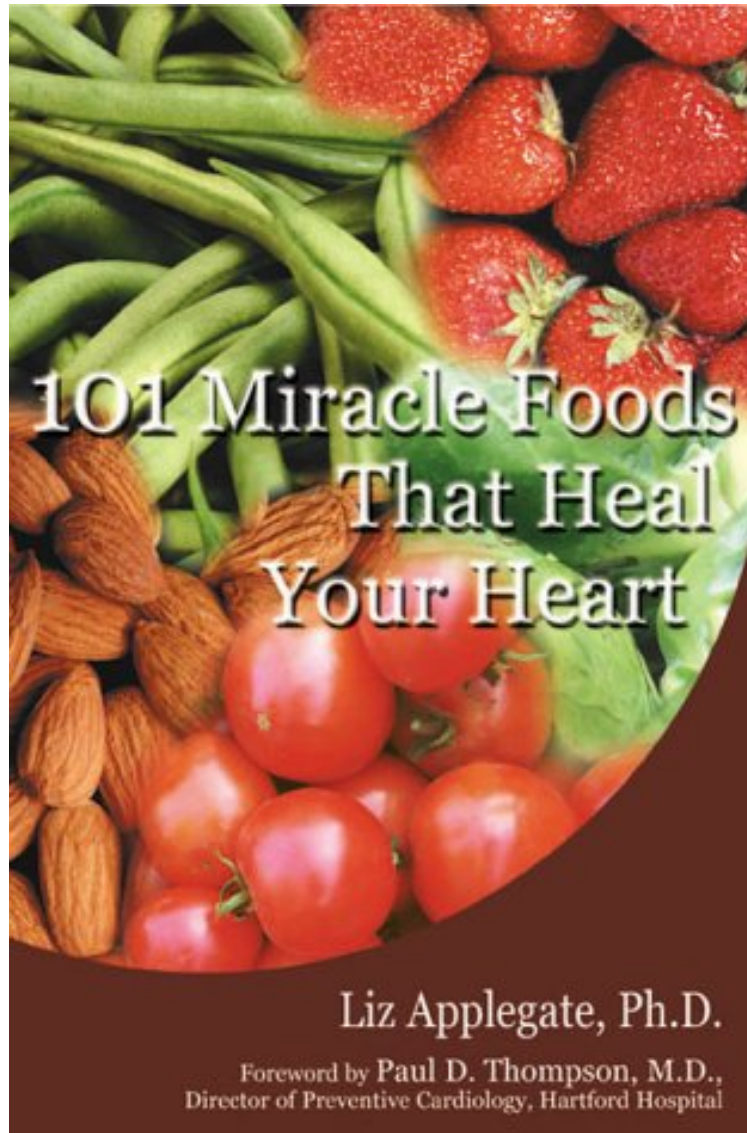


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Presenting a range of simple nutritional solutions that can be integrated into anyone's day, no matter how busy, Liz Applegate's guide explains how to take care of the cardiovascular system and live a long and healthy life.

About the AuthorLiz Applegate PhD is a lecturer at the University of California where she initially served as nutrition director for Adult Fitness and Cardiac Rehabilitation. She teaches the most widely attended nutritional course in the US and has over 12 years experience as an author and journalist.