



# Heart Sense for Women: Your Plan for Natural Prevention and Treatment

*Stephen Sinatra, Jan Sinatra, Roberta Jo Lieberman*

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**Heart Sense for Women: Your Plan for Natural Prevention and Treatment** Stephen Sinatra, Jan Sinatra, Roberta Jo Lieberman

In this groundbreaking book, Dr. Stephen Sinatra reveals why heart disease is the #1 killer of women in America today. **Heart Sense for Women** shatters the myths that keep this a hidden epidemic and outlines a prescriptive plan for natural prevention and treatment. In this valuable resource, women will discover:

- \* How to recognize early warning signs of heart attacks
- \* 15 key risk factors and how to protect yourself
- \* How being in touch with your emotions can lower your risk of heart disease

From the pros and cons of hormone replacement therapy to the 12 heart-healing food groups, from key stress management techniques to inspiring true-life stories, **Heart Sense for Women** is a book that no woman should be without.

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