

Download Happy Heart Cookbook Harris Faigel

Written for those who need to control their cholesterol and for whom exercise and pills alone are not enough, The Happy Heart Cookbook begins with chapters on understanding cholesterol; fads, foods and diets; and more before providing recipes and tips for eating out, making substitutions, reading

The Happy Heart Cookbook [MD Harris C. Faigel, Msn Frayda Faigel] on . *FREE* shipping on qualifying offers. Written for those who need to control their cholesterol and for whom exercise and pills alone are not enough

Dr. Faigel founded the first medical care services for adolescents in a U.S. Air Force hospital at Andrews Air Force Base in Washington, DC. He also offered the first consultation service for adolescents at Georgetown University School of Medicine and opened the first adolescent medical services for teenagers with disabilities at the Kennedy Memorial Hospital for Children in Boston.

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Learn how to select, cook and flavor your food for heart healthy, delicious meals the whole family will enjoy.

About the Author - Frayda Faigel. About the Author - Harris Faigel. Sample pages . The Happy Heart Cookbook \$29.95 (plus \$4.00 s/h) Click to order. Also available as a CD for your PC ONLY \$12.95 (Plus \$4.00 s/h) To Order, click below: [Home](#) | [About Rosstrum](#) | [Contact us](#) | [Site map](#) ...

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Få The Happy Heart Cookbook af MD Harris C. Faigel som bog på engelsk - 9781625700025 - Bøger rummer alle sider af livet. Læs Lyt Lev blandt millioner af bøger på Saxo.com.

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The Happy Heart Cookbook. Cholesterol is vital to life, but too much cholesterol can block vital arteries and lead to heart attacks and early death. Where does the cholesterol that builds up come from and cause trouble? It results from a combination of factors, but one of the most important is eating foods high in cholesterol and fat. Changing what you cook and how you cook it makes a difference that can save your life.

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