



# Keeping Your Heart in Rhythm: The Seven Natural & Safe Ways to Protect Against Irregular Heartbeats...

*Stuart Kalb*

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## **Keeping Your Heart in Rhythm: The Seven Natural & Safe Ways to Protect Against Irregular Heartbeats... Stuart Kalb**

Do you suffer from heart palpitations and arrhythmias (and you think you are otherwise healthy), or do you want to prevent clogged arteries and other heart disease? Perhaps you are one of millions who are saddled with over-prescribed cholesterol, blood pressure, and blood thinning medications. Either way, *Keeping Your Heart in Rhythm* uncovers many unknown facts about heart ailments and heartbeat irregularities and provides safe, natural, and inexpensive ways for you to control all the above issues. Author Stuart B. Kalb, a healthcare, estate planning, elder law and former trial attorney for over thirty years, dissects complicated medical terminology and, in turn, offers concise and easily comprehensible ways you can: Conquer heartbeat irregularities? Eliminate high cholesterol? Lower blood pressure? De-plaque your arteries? Alleviate and avert potentially fatal blood clots? Reduce the risk of stroke and cardiovascular disease? You will learn how you can experience higher energy levels and less stress over your physical well-being without expensive and harsh drugs, invasive procedures, and surgery. You will never again suffer horrific side effects from medicine, but you will instead experience the beneficial side effects that come from following a path of natural healing. *Keeping Your Heart in Rhythm* is a must-read for all concerned about the quality of their heart health and their lives in general.

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