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The 30-Day Heart Tune-Up: A Breakthrough Medical Plan to ...

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The 30-Day Health Challenge

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About Steven Masley, MD. FAHA, FACN, CNS, CCD. Through his bestselling books, successful clinic, PBS programs, thriving online community, and educational outreach, Dr. Masley inspires a new generation of enlightened and empowered health care consumers to take control of their health through knowledge and direct, intentional participation in the care they

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receive.

The 30-Day Heart Tune-Up: A Breakthrough Medical Plan to ...

THE 30-DAY HEART TUNE-UP takes readers step by step through a revolutionary program to tune up their hearts, energy, waistlines, and sex lives, with 60 delicious recipes to help jump-start a heart-healthy diet. Cardiovascular disease is the #1 killer of Americans today.

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The 30-Day Health Challenge. ... Tune in to your body and be aware of how you're sitting or standing today. Proper postural alignment puts less stress on the body, and reduces fatigue levels as well as the strain on your spine. ... Getting your heart rate pumping even slightly above normal releases endorphins. 8. Walk to work. Or cycle, or ...

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"Dr Masley's 30-Day Heart Tune-up is a

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state-of-the-art program for preventing and reversing heart disease. His breakthrough supplement recommendations will help all Americans tune-up not only their hearts, but their energy, their waistline, and their sex lives, too."? JJ Virgin, New York Times bestselling author of *The Virgin Diet*

*The 30 Day Heart Tune*

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Dr. Steven Masley visits the show to discuss his new book, *The 30-Day Heart*

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Tune-Up: A Breakthrough Medical Plan to Prevent and Reverse Heart Disease. Topics include: \* Crucial tests for heart disease that your doctor isn't running. \* Why not all HDL is good for you. \* How being overweight does not always mean "at-risk".  
**[The 30-Day Heart Tune-Up: A Breakthrough Medical Plan to ...**

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with Dr ...

The good news is that everyone-regardless of size,  
genetics, gender, or age-can treat arterial plaque  
and prevent heart attacks and strokes with THE  
30-DAY HEART TUNE-UP. The key to the  
program is about shrinking arterial plaque,  
improving circulation, and strengthening your  
heartbeat with fiber and fitness using these tools:

The 30-Day Heart Tune-Up: A  
Breakthrough Medical Plan to ...

THE 30-DAY HEART TUNE-UP takes  
readers step by step through a revolutionary  
program to tune up their hearts, energy,  
waistlines, and sex lives, with 60 delicious  
recipes to help jump-start a heart-healthy

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diet. Cardiovascular disease is the #1 killer of Americans today. But, the good news is that everyone--regardless of size, genetics, gender, or age--can treat arterial plaque and prevent ...

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### **Dr. Steven Masley**

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