



Sue Visser

Dr. James Liddell

Holistic guide to a **HEALTHY HAPPY HEART**

"This book is a gem. It is fun and easy to for anybody to read. It covers a wide range of topics that will help you to understand what heart health is all about. James and Sue have produced a well researched in-depth guide to the heart that also gives you all the facts you need to achieve optimum health. This book is for those who seek beyond the limited mechanistic model of conventional medicine."

Dr. Marion Weston - Dr. Med univ (Vienna) / M.Tech Hom (RSA)
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"I found this a very inspiring read, which will help to motivate people to improve their lifestyles so as to prevent heart disease. James and Sue show incredible insight into nutrition and diet and how these are so fundamentally critical to cardiovascular health and the prevention of heart disease.

They present the pathophysiology and medical science behind the most common cardiac diseases in a user-friendly, accurate and practical manner. Their use of relevant (if not controversial) quotations from great cardiologists, journalists, scientists and scholars is skilfully contextualized in a novel way that adds powerful authenticity to the text."

Dr Frances de Kock FCP. (SA) Specialist Physician, Mediclinic Cape Town,
admin@drfrancesdekock.co.za

"This approach to heart health is refreshing yet comprehensive. The content fulfils the book's title regarding holistic health in that it deals with all aspects of healthcare - the mainstream alternative as well as concepts."

Dr Nathan Finkelstein PHD FRpharm FPharm MCP MSACHem

Take me home, read me and look after your heart!

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