

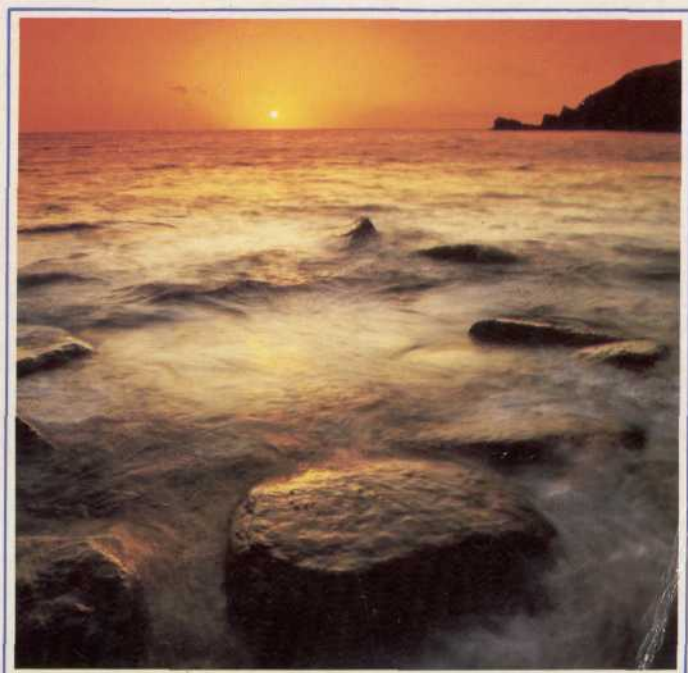
*Asma*



# A HEALTHY HEART FOR LIFE

**The secret from the sea**

All about pure fish oils and the vital part they can play in maintaining health and guarding against heart disease.



**Dr Caroline Shreeve**

6.12

R

# Contents

	<i>Introduction</i>	7
<b>Chapter 1</b>	Heart disease — the risks	9
<b>Chapter 2</b>	Learning lessons from the Eskimos	21
<b>Chapter 3</b>	Fats and oils — good or bad?	31
<b>Chapter 4</b>	How heart disease develops	43
<b>Chapter 5</b>	Fish oil — the life-saver	54
<b>Chapter 6</b>	A five-point plan	65
<b>Chapter 7</b>	Exercising as a way of life	75
<b>Chapter 8</b>	Giving up smoking	85
<b>Chapter 9</b>	Combating the harmful effects of stress	92
<b>Chapter 10</b>	The extra protection from supplements	102
	<i>Index</i>	109