



THE BRITISH
HOLISTIC
MEDICAL
ASSOCIATION

FIGHTING
HEART
DISEASE

A practical self-help guide to prevention
and treatment

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Contents

To
HIRU
PANKAJ, MALINI, SMRUTI,
SANGEETA AND VIKRAM

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NOTE

Throughout this book the masculine pronoun 'he' is used when referring to the doctor or patient. This is for convenience and does not reflect a preference for either sex.