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"Clock-full of vital, valuable information
for living a long, healthy, vibrant life."

—JACK CANFIELD, coauthor of
Chicken Soup for the Soul®

Dr. Cynthia's
**YOUR
VIBRANT
HEART**

*Restoring
Health, Strength & Spirit
from the Body's Core*

CYNTHIA THAIK, M.D.
Harvard-Trained Cardiologist

Forewords by Mary Morrissey and Bernie Siegel, M.D.

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Cynthia Thaik

Your Vibrant Heart: Restoring Health, Strength, and Spirit from the Body's Core



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In Your Vibrant Heart, you will discover: - How exactly to recognize caution symptoms and your risk of heart disease - Strategies to improve your health, nutritional status and detoxify your body - Ideas to gain physical strength and improve cardiovascular stamina - Steps to attain mental clearness and spiritual enlightenment - Keys to allow abundance, health, wealth, and wisdom into your life - How exactly to harness positive affirmations - How exactly to accomplish heightened energy and increased creativity Life is a gift, and good health insurance and a great heart ought to be our the majority of prized possessions. Forging the missing links between Eastern and Western medication, Dr. Cynthia Thaik explores the dynamic growth and healing processes of our ever-evolving hearts. In Your Vibrant Heart, acclaimed cardiologist Dr. However many people fail to treasure their health insurance and their hearts until those blessings are gone. Cynthia covers the wisdom of standard practices and beyond, unearthing a mind-body connection that requires us to the advantage of what we believed we knew and putting the power of healing back in the hands of individuals.



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This book reaches the Heart of the Heart matter. Overall Great Browse!. I found this publication, Your Vibrant Heart, to be probably the most rounded and beneficial I've ever read. I consist of myself as one of them.. Five Stars Fantastic. The blending of Western and Eastern philosophies with regards to the heart was eye-starting and educational. I learned a great deal how exactly to stability the physical heart with the spiritual center. In addition you will learn how to better care for your heart so that you can have an improved life. . Thaik doesn't just preach it, she lives the full total heart experience. A must read for anyone, but especially those with a broken heart...both physical and spiritual. Thiak may be the best. . Dr. Encouraging info. - my hubby (the individual) will probably never read it, but he is valiantly trying to create dietary/lifestyle changes. Actually, for him dietary is certainly far easier than lifestyle . . . Informative and inspiring This book is well crafted, thoughtful, and aimed t0 supply the reader with good guidelines to manage or help heal from inside out.. Modification what you can change . Excellent book. It was a Great Read " A GOOD HEART " attack! OK, Dr. . However, you can utilize her incredible understanding and knowledge with this publication. Thiak is definitely my cardiologist and, she is one of the very best so I my estimation may be a little bit slanted. This is a reserve everyone can benefit from. Dr. need to know about keeping your heart healthy and happy. I am a big enthusiast of Dr Everything you ever could need to know about keeping your center healthy and content. I am a big fan of Dr. Cynthia and a grateful patient of hers, as well!and I browse a whole lot about the heart.. I arrive from a family of Heart Episodes and bypass surgeries. It a standard great go through. It has some great tales that make you imagine and are great to talk about in social configurations. Both necessities to being Heart Healthy. It had been a Great Many thanks for shipping out thus quickly. You need to be ready to make some lifestyle changes but, really worth it. I came across "Your Vibrant Heart", easy to read and understand the choices one can make to live a happy heart healthy existence! Cynthia Thaik, paints a picture of wellness through positive thinking aswell diet and exercise. LaGina Very informative and helped me grab a few things to better my health. Four Stars Good information.



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