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Is that twinge in your chest heartburn or a heart problem? In 2006, more than 600,000 Americans--26% of all deaths in the US that year--died of heart disease, making it our nation's #1 killer. Now, Mayo Clinic provides a comprehensive, step by-step plan to reduce the risks and life-changing effects of heart disease.

In *The Mayo Clinic Healthy Heart for Life!*, Mayo Clinic provides up-to-date, clinically proven information that addresses the key causes of heart disease and provides clear, actionable advice in an easy-to follow format, including:

...and more

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