

# **The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease And Stop Heart Attacks And Strokes (The South Beach Diet)**

**By Arthur Agatston**

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risk of heart disease. According to Dr. Arthur Agatston, majority of heart attacks and strokes can be Better Health and the South Beach Diet;  
<http://www.southbeachdiet.com/diet/heart-healthy-foods>

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<http://www.andhranews.net/intl/2007/January/3/em-The-South-Beach.asp>

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The South Beach Heart majority of heart attacks and strokes can be are so important in preventing heart disease. Part two features Dr Agatston's action

<http://www.bol.com/nl/p/the-south-beach-heart-programme/1001004004720557/>

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<http://www.prevention.com/food/prevent-heart-attacks-best-foods-heart-health>

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