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live longer and better? Explaining  
the "FRENCH PARADOX" in*

# Eating for a Healthy Heart



*Includes 50 recipes for a  
health-promoting lifestyle,  
from succulent soups to delightful desserts*

*John Yudkin, M.D., F.R.C.P.  
and Sara Slanner*

# Eating For A Healthy Heart Explaining The French Paradox

**JL Elias**



## **Eating For A Healthy Heart Explaining The French Paradox:**

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