



TEXAS HEART INSTITUTE

# HEART OWNER'S HANDBOOK

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LONGER  
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FEEL  
BETTER

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Discover your hidden risk factors

Begin a lifelong program for preventing  
and reversing heart disease

Enjoy dozens of delicious, heart-smart recipes

Foreword by

**DENTON A. COOLEY, M.D.**

Founder and Surgeon-in-Chief, Texas Heart Institute

# Heart Owners Handbook

**Huangqi Zhang**



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