



**THE 30-DAY HEART TUNE-UP (3 DVD Set)  
(2014) A Breakthrough Plan to Tune Up Your  
Heart, Energy, Waistline, and Sex Life!**

*MD Steven Masley*

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*MD Steven Masley*

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3-DVD Set - Heart Tune Up Presentation: Dr. Masley will share his heart tune up talk, which complements the 30 Days to a Younger Heart Program. In this video training session, Dr. Masley will focus more on what cholesterol profiles mean and discusses in detail how to measure arterial plaque. - Cooking Demos: Dr. Masley will share six of his favorite recipes created in Dr. Masley's own kitchen. You can understand how to make a recipe from reading about it, but during this video session Dr. Masley clarifies some of the secrets behind how to use herbs and spices, as well as how to select ingredients so that your meals are much more flavorful and more healthy for you and family. As a special bonus, he has included a recipe that he recorded with NY Times best-selling author and founder of Saving Dinner, Leanne Ely. You will discover how make a fantastic soufflé that your friends will love. Most people are afraid to tackle this type of recipe, but you'll be surprised how easy it is to prepare. - De-Stress Your Heart. This training session explains why unmanaged stress is so harmful to aging. You'll discover that you don't have to eliminate your stress, but that you need to add several simple steps detailed by Dr. Masley to better manage it, to stop the accelerated aging issues caused by uncontrolled stress.

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