



Heal Your Heart: The New Rice Diet Program for Reversing Heart Disease Through Nutrition, Exercise, and Spiritual Renewal

Kitty Gurkin Rosati

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"Heal Your Heart combines the best of ancient spiritual wisdom and the best of modern nutrition to provide a holistic program for real living." -- Morton T. Kelsey, Professor Emeritus, University of Notre Dame Author of *The Other Side of Silence* and *God, Dreams, and Revelation*

"Kitty Rosati offers the range of information and wisdom needed for long-term lifestyle changes. It's so nice to see a dietary book extend beyond nutrition and inspire the reader." -- Gerald G. Jampolsky, M.D. Author of *Love Is Letting Go of Fear*

" We recommend *Heal Your Heart* as an excellent guide for anyone seeking health and wholeness. Kitty Rosati advocates a renewed emotional and spiritual journey along with her nutrition plan and extensive collection of delicious recipes." -- Redford Williams, M.D., and Virginia Williams, Ph.D. Authors of *Anger Kills*

The world-renowned Duke University Rice Diet Program has helped thousands of people regain their health and vastly improve the quality of their lives. Here's the life-saving information you need to make the new Rice Diet Program a force for your own longevity and wellness.

A thorough analysis of your major risk factors for heart disease, including excess weight, high cholesterol, diabetes, and high blood pressure

- * A detailed, heart-healthy nutrition plan tailored to your health needs
- * Over 150 delicious, easy-to-prepare recipes
- * A heart-healthy exercise plan to help heal and strengthen your heart
- * Guidance on using the powerful, often untapped resources of your mind and spirit to achieve--and maintain--your goals
- * Helpful resource information on support groups, newsletters, and where to get the best health foods

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Lauren Miner:

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