



Heal Your Heart with Wine and Chocolate: ...and 99 Other Ways Women Can Protect Their Hearts

Debora Yost

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Foreword by Nancy Loving, President and Founder, National Coalition for Women with Heart Disease

In affairs of the heart, they say, women are the last to know. The same can be said for diseases of the heart. In fact, this year 500,000 women will find this out the hard way: They'll have a heart attack.

Less than 40 percent of American women realize that heart disease is their No. 1 health threat, killing twice as many women a year as all cancers combined. Even fewer realize that it is almost totally preventable. In fact, women can reduce their risk of getting heart disease by as much as 84 percent by making simple lifestyle changes-like eating a little chocolate and having a glass of wine each day.

In *Heal Your Heart with Wine and Chocolate* veteran health journalist Debora Yost shows that these and 99 other easy-to-do heart-healthy practices for women do not have to be a series of life-altering "have-nots." Rather, they are "must-haves" that are mostly pleasurable and definitely life enhancing. Each how-to tip-from food and activity choices to relaxation methods and relationship strategies-is based on medical research that shows a measurable benefit in women.

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Jackie Ballesteros:

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James Fong:

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