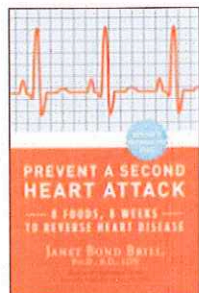


# Red Is for Heart Health

**Y**ou may think that after surviving a heart attack, most people would be eager to toe the line with respect to dietary changes and exercise. Surprisingly, few do. The reasons are many and include a lack or an overload of information, fear of being consigned to a flavorless diet, and a longing for favorite foods on the “no” list. And perhaps the biggest reason of all: It’s simply too hard. Janet Bond Brill, PhD, RD, LDN, addresses all of these and more in her new book.

Inspired by a desire to prevent her husband, a heart attack survivor, from experiencing—as her father did—a second, and fatal, heart attack, Brill wrote

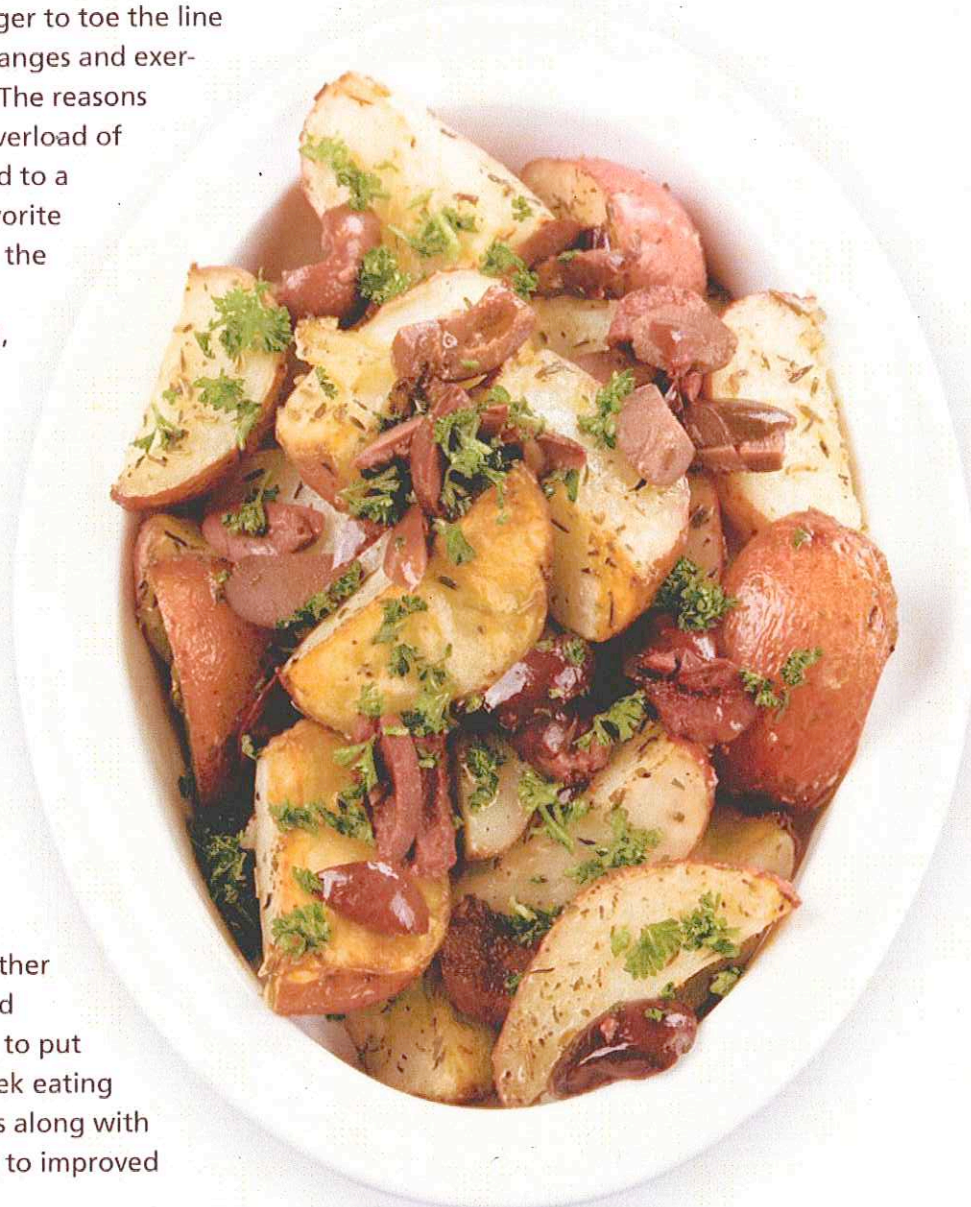
*Prevent a Second Heart Attack: 8 Foods, 8 Weeks to Reverse Heart Disease.* She offers just the right amount of



information—neither

too much nor too little—in clear and concise language and makes it easy to put it into practice by adding a two-week eating plan and plenty of satisfying recipes along with suggestions for exercising your way to improved heart health.

Based on the Mediterranean diet, her approach, which emphasizes heart-healthy foods plus moderate exercise, is a must-read for heart attack survivors but an equally smart read for all people who want to keep their hearts strong and healthy. ♣



## RECIPE

Dr. Janet's Oven-Roasted Red Potatoes