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Your Vibrant Heart a conversation with Dr Cynthia Thaik

Your Vibrant Heart a Conversation with Cardiologist Dr. Cynthia Thaik by Soul Love | Nov 29, 2014 | Inspiring Books , Interviews Harvard-trained, Dr. Cynthia Thaik is a heart doctor who practices with her heart.

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Vibrant Heart Healing EFT Let Your Vibrant Heart Shine

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Your Vibrant Heart Dr Cynthia

In Your Vibrant Heart, acclaimed cardiologist Dr. Cynthia Thaik explores the dynamic growth and healing processes of our ever-evolving hearts. Forging the missing links between Eastern and Western medicine, Dr. Cynthia covers the wisdom of conventional practices and beyond, unearthing a mind-body connection that takes us to the edge of what we thought we knew and placing the power of healing back in the hands of patients.

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Press Kit Your Vibrant Heart Dr Cynthia Thaik MD

While your numbers are important, it s essential to recognize that life is truly a gift and your heart is much more than just a biological muscle. It is the emotional center that signifies energy, vibrancy, love, happiness, vitality, strength and spirit.

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Your Vibrant Heart Restoring Health Strength and Spirit

You can't really live without your heart. I'm sure you know that. So it's a good thing to take care of it. However, reality is that most people do not take care of themselves the way they should. We get an overview of the heart in this book through a variety of perspectives. Thaik is a cardiologist, but also a practicing Buddhist, so while there is a Western perspective in this book in regards to medicine, there is also an Eastern perspective.

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Your Vibrant Heart Book Summary : In Your Vibrant Heart, you will discover: How to recognize warning symptoms and your risk of heart disease Strategies to improve your health, nutritional status and detoxify your body Tips to gain physical strength and improve cardiovascular endurance Steps to achieve mental clarity and spiritual

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