



Feast for a Healthy Heart

By Aroona Reejsinghani, B. L. Jain

B Jain Publishers Pvt Ltd. Paperback. Book Condition: new. BRAND NEW, Feast for a Healthy Heart, Aroona Reejsinghani, B. L. Jain, The human heart is the sturdiest and toughest organ of the body. It is designed to last a lifetime. But because of wrong eating habits at a young age this important organ of our body refuses to work properly. This book contains a sensible selection of low-fat and low-cholesterol foods.



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