

# HEART DISEASE & HYPERTENSION

## VITAMIN THERAPY FOR A HEALTHY HEART

- BRYANT LUSK -

### DESCRIPTION

Men and women at any age benefit from a healthy heart! Millions of people unknowingly suffer from one or more forms of heart disease, which can lead to low energy, low endurance, high blood pressure, heart attack, or sudden cardiac arrest. Are you one of them? This easy-to-follow vitamin therapy approach is designed to fuel your natural ability to reverse hypertension, increase energy, and prevent or reverse heart disease no matter when you start. *Heart Disease & Hypertension: Vitamin Therapy for a Healthy Heart* provides a wealth of information on:

- a simple path to preventing heart disease
- weight loss and energy—the missing links
- diet products that harm your liver
- lowering blood pressure naturally
- how young adults can protect their heart
- and much more . . .

You can achieve significant long-term results in your heart health with proven knowledge that works. Apply the information contained in this book and improve your entire life. SHARE THE HEALTH. Start building a stronger heart today!

### AUDIENCE

- College educated adults
- Dedicated readers in the self-development, nutrition and lifestyle space
- Individuals looking for concrete, accessible tools for healthier living
- Fans of *The End of Alzheimer's*, *The Inflammation Spectrum*, and *The Longevity Paradox*
- Any nonfiction wellness reader looking to better care for themselves and level up their wellness

### KEY SELLING POINTS

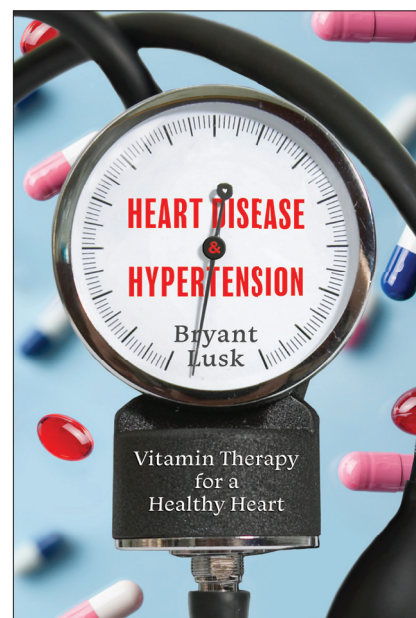
- Vitamin therapy can be added into any lifestyle and enhance any diet, boosting its appeal
- The contents covered in this book are not a fad or specific diet, making it completely unique
- Both timeless and topical in subject matter, this book draws in both new age wellness fans looking for a refreshing take on heart health and loyal readers dependent on old classics like *Prevent & Reverse Heart Disease*, and in need of updated advice

### AUTHOR BIO



Author of the Amazon bestseller *Osteoporosis & Osteopenia: Vitamin Therapy for Stronger Bones*, Bryant Lusk spent four years in the United States Air Force, learning the true meaning of empowerment and pride. His desire to serve and protect others led him to write the initial installment of his health books. With a determination to treat debilitating conditions, Bryant's books have helped many. Born and raised in Chicago, he has led a successful and fulfilling career with the United States government despite the challenges of gang violence and poverty he faced in his youth. His skill in conducting technical research and analysis in aviation and aerospace technology is now

being used to bring lifesaving information to the very public he has been entrusted to serve.



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### MARKETING

- Author website: <https://bryantlusk.com>
- Social media platforms (Facebook, LinkedIn, Goodreads, Bookbub Ads, etc.)
- Potential podcast and radio interviews
- Local book signing events
- Events at large chain vitamin stores such as the Vitamin Shoppe, Whole Foods Marketplace, and GNC.

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