



# **Your Vibrant Heart: Restoring Health, Strength, and Spirit from the Body's Core**

*Cynthia Thaik*

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# Your Vibrant Heart: Restoring Health, Strength, and Spirit from the Body's Core

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**Your Vibrant Heart: Restoring Health, Strength, and Spirit from the Body's Core** Cynthia Thaik

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 enlightenment
- Keys to allow abundance, health, wealth, and wisdom into your life
- How to harness positive affirmations
- How to achieve heightened energy and increased creativity

Life is a gift, and good health and a good heart should be our most prized possessions. Yet many people fail to treasure their health and their hearts until those blessings are gone. 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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