

Useful Resources on Eat Your Way to a Healthier Heart

Books

Patrick Holford, Say no to heart disease

Johnny Bowden, Dr Stephen Sinatra, The great cholesterol myth

Websites

www.irishheart.ie Irish Heart Foundation

www.croi.ie West of Ireland cardiac foundation

www.bhf.org.uk British Heart Foundation

Article

Link to article on heart health by Dr Joseph Mercola

<http://articles.mercola.com/sites/articles/archive/2010/02/09/7-steps-for-a-healthy-heart.aspx>