

The Research is in...

The best way to be healthy and avoid disease is to eat a plant-based, whole foods (not processed), no/low fat diet!



Heart Healthy Meals

Plant-Based Whole Foods Prepared Meals

Call Ardis Today and Get Started! 303.305.9664

Heart Healthy Meals uses 95% organic whole foods ingredients to prepare delicious soups and meals that are delivered frozen. Simply thaw and reheat! Sign up for the 28 day program, designed by Greg Feinsinger, MD to prevent (and reverse) heart disease, diabetes, inflammation and other chronic conditions – great way to lose weight, too! Put an end to your family history of heart disease!

The Heart Healthy Meals 28 Day Program Includes:

- 28 days of prepared soups for lunch and dinner meal
- Recommendations for healthy breakfasts, salad ideas, salad dressings, snacks and dessert recipes.
- Daily support tips/recipes/resources – including ideas for developing a Mindfulness practice
- Saturday walking group each week
- Weekly support meetings, cooking demo's, recipe makeovers
- Phone/email support as needed
- All for the low price of \$20/day (\$579.60 - includes tax) Cash/Checks/Credit Cards accepted

Find out more:

- **First Monday of every month:** Dr Feinsinger presents his slide show - Plant-Based Whole Foods and why this lifestyle works for weight loss and disease prevention. 7:00pm Third Street Center
- **Monday nights 7:00 – 8:00pm** Third Street Center – Heart Healthy Meals weekly group meetings.
- **Plant-Based Whole Foods websites...**
 - ValleyHeartAttackPrevention.com (Dr Feinsinger's site)
 - HeartAttackProof.com (Dr Esselstyn's site)
 - NutritionFacts.org – reliable information on nutrition – signup for their newsletter!
 - PCRM.org (Physicians Committee for Responsible Medicine) – research and news
 - Google – The China Study – for more information on the science behind the lifestyle.
 - Recipes... OhSheGlows.com JoyofYum.com TheVegLife.com ForksOverKnives.com

For More Information Call Ardis **303.305.9664**

or email ArdisHoffman@gmail.com

Heart Healthy Meals, LLC P O Box 701, Carbondale, 81623
Medical questions – call Greg Feinsinger, MD – 970-379-5718

