



Die Herzsprechstunde: Auf das Herz hören. Stress abbauen. Gesund bleiben (German Edition)

Barbara Richartz

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Was treibt den Blutdruck in die Höhe? Wie viel Salz ist ungesund? Kann Langeweile gefährlich werden für das Herz? Warum merkt man Vorhofflimmern nicht? Die bekannte Medizin-Kolumnistin und Kardiologin Dr. med. Barbara Richartz informiert in diesem Buch über die wichtigsten Fragen rund ums Thema Herz. Auch Stress und Ernährung spielen dabei eine wesentliche Rolle. Die kurzen, prägnanten Kapitel klären auf, geben erfrischende Anregungen für ausreichende Vorsorge und halten Tipps für den persönlichen Check-up bereit.



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