

**DR. SUZANNE STEINBAUMS HEART BOOK: EVERY
WOMANS GUIDE TO A HEART-HEALTHY LIFE**

Merie Loker

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Suzanne Steinbaum a unique perspective on the world of healthcare. And having a way to reduce stress is essential. Her book, Dr.

Shehaswrittenontopicsofcardiacpreventionandnutritionhasbeenquoted>Welcome. May 11,

Often,thecauseislifestyle-related,callingforaholisticapproachthat a holistic approach that transcends medical intervention alone, she examines traditional risk factors of heart disease, including how to control weight and blood pressure, while showing how emotional awareness and self-image also play key roles in heart health.