



Cappelen Damm 2018
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Fedon Lindberg

Food for the Heart *Let food be your medicine.*

Your guide to a healthier heart.

- * 9 steps to a healthier heart
- * reduce your cholesterol, blood pressure and blood sugar levels.
- * 100 recipes with heart-healthy foods

Food for the heart is a guide for those who wish to prevent heart disease, need to reduce cholesterol, blood pressure and blood sugar levels, fight chronic infections or have cardiovascular disorders.

- * Strengthen or repair your most important organ and stay healthy and vital with the world's healthiest diet: Mediterranean Cooking.
- * Learn more about cholesterol's role, and how you can keep your arteries open and flexible.
- * Select among 100 heart-healthy recipes for breakfast, lunch, dinner, evening snack, beverages, sauces, desserts and cakes.
- * *Food for the Heart* serves up wonderfully tasty dishes and many healthy advantages.

Fedon Lindberg

Dr. Fedon Alexander Lindberg was born in Greece where he learned to appreciate the good things in life. A genetic propensity to diabetes in his family led him to become a specialist in internal medicine and endocrine disorders. Today he runs a hugely successful clinic in Oslo offering patients multidisciplinary treatment for these degenerative disorders, how to change their lifestyle so they can control weight and improve overall health and well being.



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