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Longevity [Collins,  
Richard E., M.D.] on  
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shipping on qualifying offers. The Cooking Cardiologist : Recipes to Help Lower Your Cholesterol, Reduce Risk of Heart Disease, Control Weight

## **The Cooking Cardiologist : Recipes to Help Lower Your ...**

3. Place the avocado, basil, lemon juice, and garlic in a food processor and blend until creamy. 4. Stir the

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Recipes To Help  
Lower Your  
Cholesterol

sauce into the zoodles  
and cook for four  
minutes. 5. Stir in the  
shrimp and cook for ...

### **10 Heart-Healthy Meals Cardiologists Cook for Themselves**

Ingredients: ½ cup fat-  
free half-and-half 10  
oz. bittersweet  
chocolate (at least 70%  
cacao) 2 tbsp. Smart  
Balance Butter and  
Canola Blend or  
Benecol ½ cup agave  
nectar ½ tsp. vanilla ½

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cup crushed toasted  
almonds Optional: ½  
cup shredded coconut  
to coat the truffle

## **Cardiologist- Approved Recipes for a Healthy Heart - Men's ..**

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Cardiologist shares  
heart healthy recipe  
admin October 5, 2020  
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Recipes 1 Comment.  
What do you think of



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Cardiologist  
when you hear the  
words, “heart-healthy  
diet?” Is it bland,  
tasteless food? Well,  
think again! Dr.

Richard Collins, also  
known as the Cooking  
Heart Disease  
...

Control Weight  
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Cardiologist Recipes**

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**To Help Lower Your**  
... Recipes To Help

Place 1 cup water, vegetable broth and quinoa in a large saucepan; bring to a boil. Cover, reduce heat and simmer 12 minutes or until rings appear around quinoa. Remove from heat; stir in tomatoes, feta, parsley, oregano, artichoke hearts and pepper. Adapted from Allison Fishman,  
Cooking Light AUGUST

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2003.  
Recipes To Help  
**Cooking with the  
Cardiologist Recipes  
- Eat Right and  
Bright**

So as we wrap up,  
watch this video from  
Cooking Cardiologist  
for a delicious recipe  
and CAD tips. As I did  
mention in the  
beginning, we got the  
right treatment on time  
hence everything  
turned out to be all  
right.

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## **Easy Heart Healthy Cooking Tips with Cooking Cardiologist**

In a small sauté pan, add the cabbage, cilantro, dressing and fresh ginger. Sauté until cabbage is wilted and flavors develop, approximately 1-2 minutes. Remove from heat and place into a small bowl, reserving the sauté pan. Add the chicken and red curry paste to the pan.

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**The Cooking Help  
Cardiologist -  
Wonton Tacos |  
South Denver ...**

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Cardiovascular Diet  
Recipes (Main Dishes)  
Super-Nutritious  
Broccoli Salad with  
Apples and  
Cranberries. This low-  
calorie, low glycemic  
salad combines  
ingredients... Romaine  
and Smoked Salmon

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Reduce Risk Of  
Heart Disease

Salad. Packed with omega-3 fatty acids, this salmon salad makes an excellent heart-healthy... Salmon Salad. ...

## **Cardiovascular Diet Recipes (Main Dishes)**

Increase Vitality  
And Longevity

Is it bland, tasteless food? Well, think again! Dr. Richard Collins, also known as the Cooking Cardiologist, whips up a delicious recipe that includes



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heart-healthy swaps,  
making this popular  
dish better for your  
heart! While discussing  
CAD symptoms and  
treatment options for  
those diagnosed. Video  
Rating: / 5. heart  
healthy recipes food  
network

## **Heart Healthy Recipes Food Network : The Cooking ...**

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Longevity by Richard  
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Increase Vitality  
Add Longevity  
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The Cooking  
Cardiologist Recipes  
to Help ...**

Cardiologist Steven  
Gundry, known for his  
lectin-free diets, offers

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a simple recipe for low-calorie bread with only 90 calories for a slice of bread, and it does not cause bloating or inflammation. Its main ingredients are, among others, coconut flour, blanched almond flour and coconut oil.

### **A Cardiologist Shares The Recipe For The Only Bread You ...**

There are a lot of foods that impact heart

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health and lower calcium build-up. As cardiologists, we talk a lot about heart-healthy diets, and one of the keys is fiber. Today, we look at why fiber is important to your heart health. Fiber Lowers Risk of Heart Disease  
Fiber is a complex carbohydrate and is...  
Read More

**Recipes & Nutrition  
Archives | South  
Denver Cardiology**

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In a bowl, mix the dry ingredients, and add the flax seeds. Over medium heat, melt the butter, leave it to cool for 5 minutes, and add the wet ingredients to the dry ones. Mix with a spatula until you get a dough-like mixture. Then, transfer it onto a baking pan covered with baking paper.

**Cardiologist Shares  
A No Guilt, Gluten  
Free Bread Recipe ...**

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I believe that everyone—regardless of illness —should enjoy food and have a positive approach to health and wellness, but most importantly we need take care of our heart, souls and bodies in order to live as long as possible. Cook well, live long! -

The Cooking  
Cardiologist Richard E.  
Collins, M.D.

Biography: Dr. Collins  
received his medical

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Cardiologist  
degree from the  
University of Nebraska  
at Omaha ...

Lower Your  
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**The Cooking  
Cardiologist,  
Littleton, CO (2020)**

Reduce Risk Of  
Heart Disease  
Sep 20, 2020 - A  
Cardiologist Shares The  
Recipe For The Only  
Bread Which You Can  
Eat As Much As You  
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Gluten Free Recipes  
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Recipes Healthy

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Recipes Paleo Bread  
Healthy Bread Recipe  
For Bread Machine.

Reduce Risk Of  
**A Cardiologist  
Shares The Recipe  
For The Only Bread  
Which ...**

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cardiologist : recipes to  
help lower your  
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of heart disease,  
control weight, Help  
increase vitality and  
longevity. [Richard  
Collins, M.D.]

Reduce Risk Of  
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On the occasion of  
World Heart Day, we  
have Dr. Arun Chopra,  
senior interventional  
cardiologist and  
Director of Cardiology,  
Fortis Escorts Hospital,  
Amritsar, to clear all

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your doubts.. How do you know your cooking oil is healthy? According to research by the National Institute of Nutrition in India, about 20% of your diet must be fulfilled by fats.

**Which is the most heart-friendly cooking oil out there? A ...**

Live Healthy Programs  
Live Healthy Programs  
include free and low-

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cost health screens,  
educational classes,  
support groups,  
community events and  
more. Topics focus on  
community needs,  
including heart health,  
diabetes, nutrition and  
cancer. Metro Way  
Virtual 5K Race This  
July event is our annual  
family fun run. Our  
goal is to provide an  
event to get Read More

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