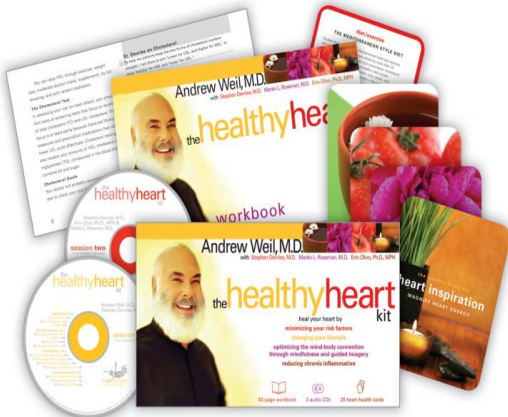


THE HEALTHY HEART KIT ANDREW WEIL, M.D.

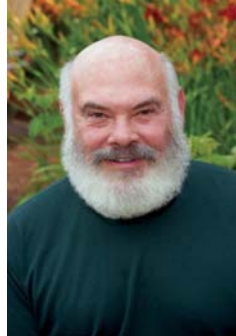
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The Healthy Heart Kit About the Authors



Andrew Weil, M.D. is a world-renowned leader and pioneer in the field of integrative medicine, and an internationally recognized expert for his views on leading a healthy lifestyle, healthy aging, and the future of medicine and health care. Dr. Weil's books include the national bestsellers *Spontaneous Healing*, *8 Weeks to Optimum Health*, *Eating Well for Optimum Health*, *The Healthy Kitchen*, and *Healthy Aging*.



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Widely considered the #1 expert in the therapeutic use of guided imagery, **Martin L. Rossman, M.D.** is a physician and acupuncturist who has practiced holistic medicine for over 30 years. He is cofounder of the Academy for Guided Imagery and the author of the award-winning *Guided Imagery for Self-Healing* and *Fighting Cancer from Within*.

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