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Your Vibrant Heart Restoring Health Strength and Spirit

Life is a gift, and good health and a good heart should be our most prized possessions. Yet many people fail to treasure their health and their hearts until those blessings are gone. In Your Vibrant Heart, acclaimed cardiologist Dr. Cynthia Thaik explores the dynamic growth and healing processes

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Press Kit Your Vibrant Heart Dr Cynthia Thaik MD

While your numbers are important, it s essential to recognize that life is truly a gift and your heart is much more than just a biological muscle. It is the emotional center that signifies energy, vibrancy, love, happiness, vitality, strength and spirit.

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