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by Arthur Agatston, M.D. -- A Revolution in Cardiac Care to Prevent Heart Attacks and Strokes - The South Beach Heart on diet, cardiac and disease prevention.
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South Beach focuses on choosing good carbs and good fats in a 3-phase process. That s important, because high triglycerides can jeopardize heart health.

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Press release: the south beach heart program -

Jul 17, 2015 The South Beach Heart Program. Arthur Agatston, Heart attacks and strokes can be funding original research on diet, cardiac and disease prevention.

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We reviewed the 'South Beach Diet', developed by cardiologist Dr. Arthur Agatston and dietician Mari Almon to reduce people's risk of heart disease.

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