



The Healthy Heart Miracle Personal Roadmap



Overview: If you are . . .	This is me Yes or No
 <p>At the Edge of a Cliff</p> <ul style="list-style-type: none">• Follow DASH Plus guidelines strictly, every day• Use “The 19 Meals for Dr. Gabe Rule” as seldom as possible <p>GOAL: move toward</p>	
 <p>Seeing Warning Signs</p> <ul style="list-style-type: none">• Follow DASH Plus guidelines reasonably closely• Use “The 19 Meals for Dr. Gabe Rule” liberally as long as you are progressing toward your goals <p>GOAL: move toward</p>	
 <p>Healthy and Want to Stay That Way</p> <ul style="list-style-type: none">• Choose DASH Plus foods often• Eat whatever else you like as long as your weight remains stable• Exercise regularly and vigorously <p>“The more you move, the more you can eat”</p>	

For more information refer to *The Healthy Heart Miracle* by Dr. Gabe Mirkin.
Available at bookstores everywhere and at Amazon.com. ISBN 0-06-019680-7