



HEALTH & WELLNESS



**Transforming Health
Archives Available**

June 30th 2010: Find out how to reduce your heart attack risk by 60%

Whether you have had a heart attack, have been diagnosed with a heart condition, or simply want to keep your heart in great shape, this interview will give you the tools you need to make every day less stressful and mitigate the impact of each stressful situation on your heart. Dr. John Kennedy, who is a top cardiologist and the author of *The 15 Minute Heart Cure: The Natural Way to Release Stress and Heal Your Heart in Just Minutes a Day*, will share his simple stress-reduction techniques that will help you prevent and reverse the four major kinds of heart disease. If you want to take your hea

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Featured Guest



Dr. John M. Kennedy

Dr. John M. Kennedy is the co-author of *The 15 Minute Heart Cure: The Natural Way to Release Stress and Heal Your Heart in Just Minutes a Day*. He works as the Director of Preventive Cardiology and Wellness at Marina Del Rey Hospital, Marina del Rey, California. He is on the Board of Directors for the American Heart Association and speaks regularly on their behalf. Dr. Kennedy is a board certified cardiologist and has published articles in peer reviewed journals such as *The American Heart Journal*, *Journal of American College of Cardiology and Circulation*. He is an Associate Clinical Professor at Harbor – UCLA and is a Lifechanger expert on NBC'S EXTRATV and has been featured on numerous nat

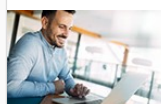
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