Stilton Literary Agency

Food for the Heart. Let food be your medicine.

Original title: Mat for hjertet
Publisher: Cappelen Damm 2018
Non-Fiction / Cookbook /Health/Lifestyle
Norwegian pdf

Your guide to a healthier heart.

* 9 steps to a healthier heart
* reduce your cholesterol, blood pressure and blood sugar levels.
* 100 recipes with heart-healthy foods

Food for the heart is a guide for those who wish to prevent heart disease, need to reduce cholesterol, blood pressure and blood sugar levels, fight chronic infections or have cardiovascular disorders.

* Strengthen or repair your most important organ and stay healthy and vital with the world's healthiest diet: Mediterranean Cooking.
* Learn more about cholesterol's role, and how you can keep your arteries open and flexible.
* Select among 100 heart-healthy recipes for breakfast, lunch, dinner, evening snack, beverages, sauces, desserts and cakes.
* *Food for the Heart* serves up wonderfully tasty dishes and many healthy advantages.

Fedon Lindberg

In Norway he became famous with his first best selling book *Naturlig slank med kost i balanse* (2001). Since then he has published an impressive list of books such as *The Greek Doctor's Diet*, *Beyond G.I.*, *Smart barnemat*, *Tid med maten* to mention a few. Three of his previous books have sold widely internationally, translated to 14 languages, sold to 20 territories. With *Gut in Balance. Lean for Life* Lindberg has created yet another best seller, ranking high on Norway's best seller list.

Other titles
The Fight against Cancer (2025)
Gut in Balance. Learn for Life - Cookbook (2018)
Gut in balance. Lean for Life (2017)
Tid med maten (Mindful Eating) (2014)
Helt Gresk (2013)
Smart Barnemat (2013)
Sunne Pastaretter (2012)
Smartkarbo - Ikke ett fett (2012)
Naturally Slim (2012)
Mat for Livet (2010)