



**9 Silent Assailants Threatening Your Heart and
How to Beat Them: A practical handbook on
nutrition and supplements to help protect you both
before and after the fact using the nine spear
strategy**

Paul Boucher

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FORWARD OF 9 SILENT ASSAILANTS BY Frederic J. Vagnini, MD, a noted doctor in the field of cardiovascular and metabolic disease, author and host of "The Heart Show" on WOR on Sun-4-5PMEST highly recommends reading "9 Silent Assailants" Other doctors' recommendations: Alan R. Hartman MD Chairman Dept. Cardiovascular & Thoracic Surgery -and- K.V. Krishnassastry, M.D. Chief, Vascular & Endovascular Surgery Long Island's North Shore University Hospital Manhasset, New York (600 + beds) Reader's Comments about 9 Silent Assailants: R. G.Harrigan, Coral Gables, FL: "Paul, I have just finished your book. You have provided the information that's overwhelming so many people in trying to understand their options as related to chronic and life-shortening illnesses. The effort of wading through conflicting and often misleading information to arrive at reasonable choices in how to treat a condition would overwhelm mere mortals..but you've done it! Also available on Kindle.

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