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Harvard-trained, Dr. Cynthia Thaik is a heart doctor who practices with her heart. She delivers security and peace of mind to her clients by orchestrating behavioral and mindset shifts to evoke lasting transformational changes in their health, well-being, vitality, energy, and creativity.

Press Kit - Your Vibrant Heart | Dr. Cynthia Thaik, MD

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Book Reviews of "Your Vibrant Heart" | Dr. Cynthia, M.D.

Your Vibrant Heart describes a visionary, holistic view of medicine as positive proactive wellness and not just reactive disease cure, including the importance of whole-food nutrition as a dietary foundation for a healthy, vibrant heart, body, and mind.

The effect of tocotrienols on vascular function

you for sharing your experiences with me and contributing to the vibrant environment on campus. To all my friends, thank you for feeding me when I was hungry, adding caffeine when I was low, giving me insight on many things, and providing me with encouragement.

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