

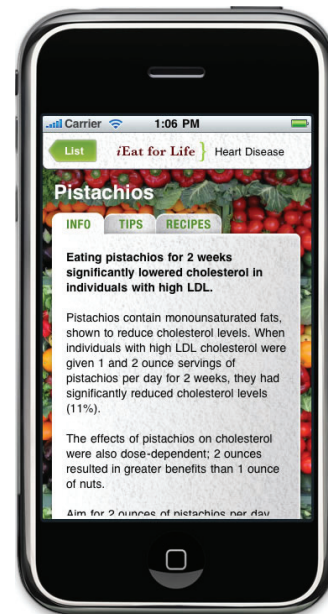
Nutritionist Approved Releases iEat for Life: Heart Disease

Release Date: August 26th 2010

Port Townsend, Washington — Nutritionist Approved Inc. announces the availability of iEat for Life: Heart Disease, one in a suite of medical nutrition apps for iPhone/iPod Touch users. This application, created by a medical nutrition therapist, guides the user in making effective food choices for preventing and healing heart disease. iEat for Life: Heart Disease provides a grocery list of foods with proven benefits specifically for heart disease patients. The app includes shopping/food preparation tips, medical research and recipes.

iEat for Life: Heart Disease v1.5 features include:

- Recommended foods for heart disease therapy and prevention
- Recipes rich in flavor and nutrients
- Tips for buying and preparing each food
- Foods to avoid
- Definitions of lesser-known foods
- Suggestions for food serving and storage
- Easy-to-grasp summary of complex medical studies
- Recommendations for nutritional supplements
- Links to helpful websites and books



Nutritionist Approved Inc. (NAI) creates innovative nutrition information tools, such as the iEat for Life suite of apps and NutriSigns. The company's extensive NAI Database of medical nutrition research provides evidence based content for their wellness programs and products, which helps people manage medical conditions such as breast or prostate cancer, heart disease and diabetes.

www.NutritionistApproved.com

Available at iTunes App Store in the Healthcare & Fitness category, iEat for Life: Heart Disease is only \$2.99.

iTunes Store Link: <http://bit.ly/ieat-for-life-heart-disease>

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