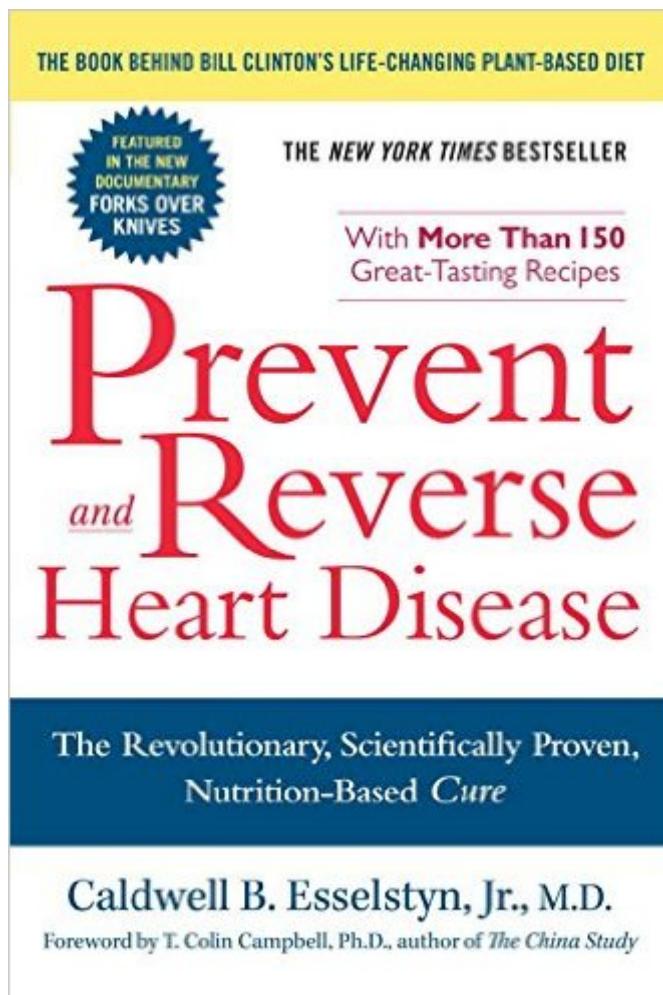


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# Prevent And Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure



## Synopsis

The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart disease. Based on the groundbreaking results of his twenty-year nutritional study, Prevent and Reverse Heart Disease by Dr. Caldwell Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects. Dr. Esselstyn is an internationally known surgeon, researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary Forks Over Knives. Prevent and Reverse Heart Disease has helped thousands across the country, and is the book behind Bill Clinton's life-changing vegan diet. The proof lies in the incredible outcomes for patients who have followed Dr. Esselstyn's program, including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live. Within months of starting the program, all Dr. Esselstyn's patients began to improve dramatically, and twenty years later, they remain free of symptoms. Complete with more than 150 delicious recipes perfect for a plant-based diet, the national bestseller Prevent and Reverse Heart Disease explains the science behind the simple plan that has drastically changed the lives of heart disease patients forever. It will empower readers and give them the tools to take control of their heart health.

## Book Information

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## Customer Reviews

With all of the promises being made regarding health cures it is hard to figure out which ones really work & which are vehicles to remove dollars from your wallet. I am a skeptic about these apparent fad cures & diets because most ultimately fail while an author or guru gets rich. I have heart disease

and things were going well after my bypass over 7 years ago. After the surgery I changed to a lowfat diet, exercised more and felt good. Throughout my 20's I was a triathlete and was top condition - training 2 to 3 hours 5-6 days a week and understood, so I thought, the value of exercise and an effective diet. Thinking I had my heart problem beat (pardon the metaphor) after favorable results from 2 extensive thallium treadmill tests 3 & 5 years ago, I went about eating the great American Diet that included the occasional burgers, sodas and the rest. I found that I was short of breath during heavy exercise (Jiu Jitsu), I decided to have my heart tested with the elaborate systems in the hospital - thinking that it must be my age of 53 years catching up with me and nothing else. I got the shocking news that my heart condition had gotten 50% worse since I had the same test 3 years before! That was truly bad news... Being fully depressed but determined to not have my quality of life wither away, I decided to do something about it and not wait for the doctors to give me more meds since surgery was not an option. My doctor said that the only reason he could see for my diminishing condition was an increase in cholesterol in my diet that has started to block other heart vessels. I stumbled upon this book with this bold title including "reversing" written by a heart surgeon - a heart surgeon indeed!

After searching for books on reversing cardiovascular disease I came across this one. He makes an excellent case for reversing heart disease and provides before & after angiogram pictures as well. I have no argument with the science. I also have a bone to pick with experts that don't like this doctor because he is not a heart specialist. Since when do all things correct have to come from only specialists? This guy treats patients that cardiologists have given up on when their invasive treatments fail. Angioplasty & bypass only relieve symptoms & do not cure the disease. My father found that out! After seeing what he was like after bypass surgery perhaps we need to do nearly anything to avoid that like the plague. While the science is very compelling, and I believe it is right, the diet itself is extremely hard to follow unless you really love eating beans & vegetables, some fruit, and grains (no white bread or white pasta). The basis of his recommendations are no dairy at all, no meat, no fish, no eggs (not even egg whites), no cheese, no oil of any kind, no high-fat vegetable sources like nuts & avocado. Pretty sparse eating to me. The author says that eating any oil at all, whether in animal or vegetable form, affects the arteries in a negative way & in at least one patient contributed to his angina. That statement ups the ante and leads you to believe that oil is not just undesirable but extremely dangerous. I find that eating out is nearly impossible as just about all food not prepared on your own is cooked in oil or has oil as part of the food....refried beans, soup, bread, crackers, tortillas, etc. Wanna eat out?

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