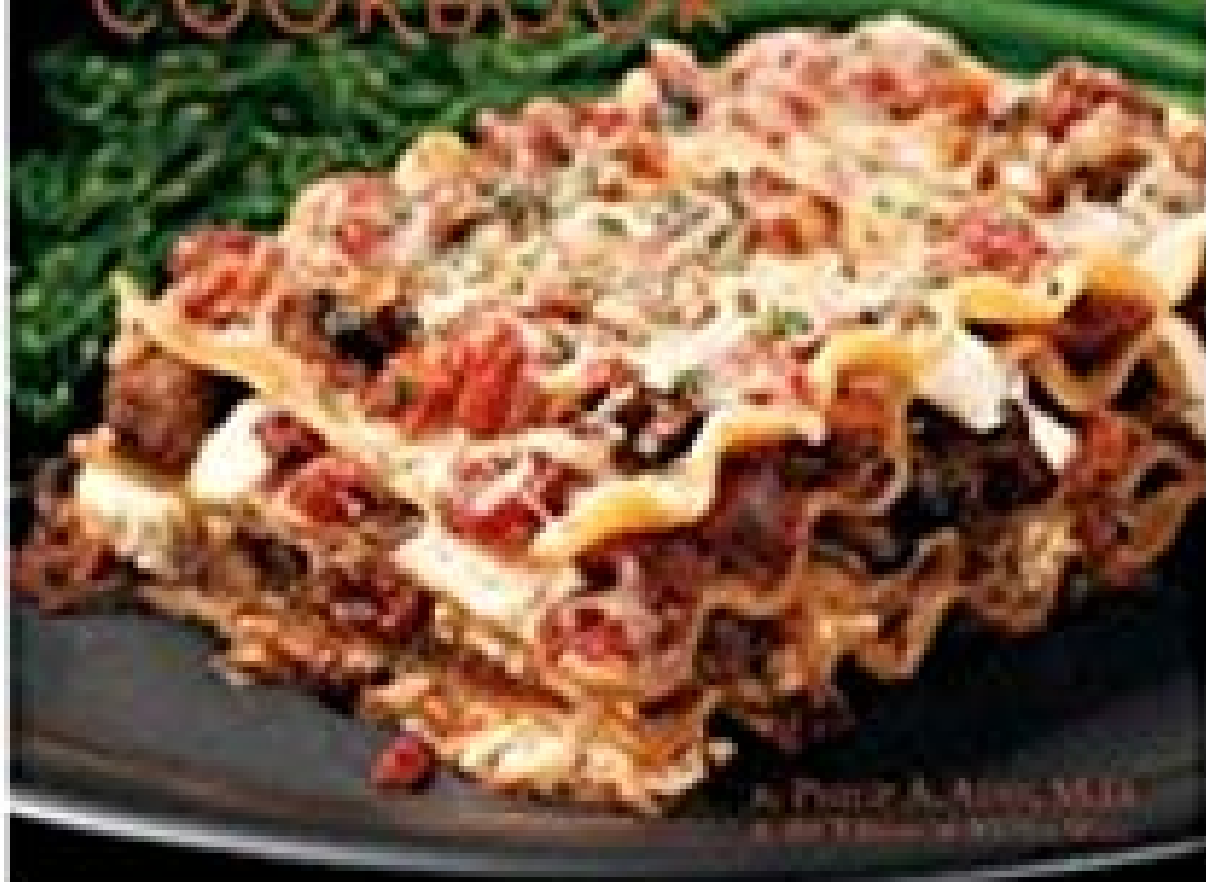


A Cardiologist's Guide to Adding Years to Your Life

# EATING WELL

Simple  
ways to  
improve  
your  
heart  
health  
and  
live  
longer

## FOR A HEALTHY HEART COOKBOOK



By Thomas A. Alpert, MD  
A Cardiologist at the University of California, San Diego

Philip A. Ades

**The EatingWell for a Healthy Heart Cookbook: 150 Delicious Recipes for Joyful, Heart-Smart Eating (EatingWell Books)**



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A leading heart doctor's plan that could trim your threat of heart assault by more than 50 percent simply by making a few changes to your daily diet and lifestyle. He has an easy-to-follow, step-by-step program on how best to change your eating habits, starting with tracking everything you eat and being conscious of the number of calorie consumption and the types of calorie consumption you are consuming. This simple program demonstrates how a few easy changes can truly add years to your daily life. After working with hundreds of patients, Ades offers isolated the top factors that have made a difference. Phil Ades is normally that doctor and in his exciting publication he shares what he offers found from more than 25 years of leading research into cardiac rehabilitation: you can transform your fate simply by eating well. Then shows how to eliminate the "bad fats" (saturated fats) and increase the "good" types, using EatingWell's smart heart-healthy recipes that practically eliminate the need for butter. What's more, he tracks the progress of patients who you live proof of his program's achievement. Full-color photographs throughout More than 175 quality recipes from the acclaimed EatingWell Test Kitchen show you how to make this a delicious trip, with recipe suggestions that may become staples you'll pass on to family and friends.



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An excellent pep talk about heart-healthy living -- plus 150 practical recipes I heard the writer talk in heart health, and we were impressed. Great easy food suggestions. Ades heads up a state-of-the-art cardiac rehab service in Vermont. This is followed by a brief section on desserts--I believe the message here is clear! The guidance on exercise is great too, and sometimes counterintuitive.. My total chol. and LDL were lower almost in two, plus I dropped 7 pounds! It can be headed off or arrested by a significant commitment to lifestyle changes in diet and exercise. For instance Dr. Ades clarifies why walking or jogging is more beneficial than cycling or rowing. The recipes are of special interest to individuals who don't want to give up favorite foods like pepperoni pizza, lasagna, fried poultry and meatloaf. The Eating Well chefs have given these killer classics a makeover that significantly reduces their calorie consumption, saturated fat, and sodium. It is a beautiful reserve with color photos and nutritional break down of each recipe. This is a life-changing read. The heart-healthy ideas highlighted in boxes are alone worth the cost of the book. Sodium content too much. Returned book because of high sodium content generally in most quality recipes. I have pointed out that Eating Well quality recipes in various other of their publications generally have sodium content within their recipes that is greater than anyone watching sodium would want. great book Having recent heart issues this cookbook gave great education besides foods that are tasty and easy to create. You can also get wonderful quality recipes for soups and salads, gourmet entrees, and tantalizing desserts. But I cannot recommend it. life saver This book, and the complete eating well series is awesome. I have raised cholesterol, and tried for years to exercise and "eat ideal", and attempted some cholesterol medication - no improvement. Center Healthy Review! Besides assisting with fat and bloodwork, the quality recipes are scrumptious! In six weeks my blood work was amazing! It's compelling reading. There's lots of practical information, like how to see through misleading food labels and how exactly to revolutionize your daily diet by simple substitutions of certain well balanced meals for unhealthy one. My husband isn't on any meds, and hasn't been able to exercise due to an injury, and all of his readings dropped substantially as well. The first 70 pages certainly are a must read for anybody who has heart issues. I started cooking strictly from the consuming well healthy center, kept exercising, and continued the cheapest dose cholesterol med. We appreciate the notes included about each page that enhance the recipe in some way. Most of the recipes can be manufactured in 45 mins or less -- and have fewer than ten ingredients -- so they can be incorporated readily into a busy life. Thank you for this book!!! Recommend this this is a wonderful book. The first chapters are good basic information on cardiac disease, the chance and the principles of adapting one's diet plan to eat healthier. The remainder of the reserve gives recipe makeovers, quality recipes and suggestions on how to modify your cooking and eating to strive for a healthier heart diet. I like the idea that every recipe is analyzed for nutritional elements and includes prep and active cooking time. Many quality recipes have beautiful photos that make your tastebuds salivate. Three Stars its ok Five Stars Perfect! He's a real working cardiologist, not only an Internet character, and his message is very reassuring: in most cases, coronary heart disease is definitely preventable. I would suggest this book--it would also be considered a great gift for someone new to heart healthy cooking. Just what a great book Not only will it contain some fantastic dishes, but there is a ton of information on your own hearth health, blood circulation pressure plus much more. Anyone interested in heart health should get this book. For years I subscribed to EatingWell magazine so I know the dishes are good. An excellent gift for someone with heart issues! That is a present for a friend who is recovering from a coronary attack. To title this heart healthful is questionable. I acquired my child and sister among the EW cookbooks, and my in-laws are looking at them now. The lasagna dish pictured on the cover is certainly wonderful. Those 70 web pages sold me on what I had a need to do to stay around to observe grand children and live a longer life. Great Cookbook gift idea for someone post heart surgery. The dishes are easy to make and not expensive either. Heart healthy--both informative and delicious! The lasagna dish pictured on the cover. A good chunk of the volume is often a self-help book for people who want to keep their hearts going strong to a ripe later years.. After my husband's heart surgery, this is a great book. the writer explains atlanta divorce attorneys day language what is the reason coronary artery disease and how it could be controlled through diet plan and medicines. My husband's cholesterol and sugar was creeping up. It beat the heck out from the crappy insert the cardiac center at the hospital gave me. I picked this up for my pal after her heart medical procedures. Dr. Recipes are healthful and pee my friend the ones she's tried taste Amazing! Clear instructions and pictures. Inexpensive price as well! In the rear of the publication,

the section on salads and aspect dishes is come up with compactly.



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