

AS SEEN ON PUBLIC TELEVISION STATIONS NATIONWIDE

THE 30-DAY HEART TUNE-UP

Featuring
60
Delicious
Recipes



"... Live long and well
following Dr. Masley's
simple, yet profound, advice."

—Daniel G. Amen, MD, bestselling author
of *Change Your Brain, Change Your Body*

A BREAKTHROUGH MEDICAL PLAN TO
PREVENT AND REVERSE HEART DISEASE



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Steven Masley

The 30-Day Heart Tune-Up: A Breakthrough Medical Plan to Prevent and Reverse Heart Disease



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THE 30-DAY Center TUNE-UP takes readers step by step through a revolutionary system to tune up their hearts, energy, waistlines, and sex lives, with 60 delicious dishes to help jump-start a heart-healthy diet. Coronary disease is the #1 killer of Americans today. But, the good news is that everyone-irrespective of size, genetics, gender, or age-can deal with arterial plaque and stop heart attacks and strokes with this publication. THE 30-DAY Center TUNE-UP program is easy, fast, and could even be known as sexy. The various tools in this publication include heart-healing foods, exercise that strengthens the center and arteries, stress administration, and a personalized heart-friendly supplement program. The keys to this program are shrinking arterial plaque, improving circulation, and strengthening your heartbeat. Masley devotes a chapter to showing how improving center health enhances libido and function in men and women. Dr.



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If you actually care about your health - read this book! As an emergency physician I read this publication with dismay, if way too many of you take its advice, it will drastically decrease my income! Everything you need for a healthy heart. These early email address details are great motivators to continue. Masley will a masterful job of explaining why most of us aren't really very healthy and then plots out an acceptable, entirely doable system to remedy that., longer lasting energy and headaches are less intense. Many similar books advocate adjustments in diet so radical, they are absurd and patently unrealistic - not that one! It clarifies in plenty of detail how to reasonably change our diets in order to have marked results on those diseases that rob us of our health and wellness and vitality. Furthermore to his dietary counsel, Dr. Masley wisely contains practical advice on how best to exercise effectively, de-stress our minds, and improve our sex lives. Although I already consider myself pretty healthy and knowledgeable about the medical field, I was thrilled to understand so much more from this one book. Matter of truth this book is changing my entire life for the better.! Therefore, this is a win-win for us. If you are super-sensitive to caffeine then simply use common sense with regards to Dr. much less achiness in the A.M. Weaving in amazing vignettes from his sufferers and family members, he artfully explains the rapidly evolving science of remaining healthy. Dr. My blood circulation pressure can be 120 over 70 and I now weigh 165 pounds and feel just like I did in my 40's. Not fat, and not cholesterol! Thanks a lot, Dr Masley**Update 2 months down the road and the improvements continue...2 inch. waist loss. We all have many food allergy symptoms.) and the advanced lipid profile• How statins don't help reduce the risk of heart disease in women and some of the side-effects.now my formerly limited pants are loose! These "tune-up" suggested dietary and changes in lifestyle are fast becoming practices and it's really all been relatively easy for me. I will give future updates as it's warranted WELL WRITTEN, HIGHLY RECOMMEND We had bought this publication to see if we could get my husband off of the High Blood Pressure meds that our family doctor put him on. • The very best two foods that trigger heart disease: Refined carbs/sugar/flour and trans extra fat/partially hydrogenated oils. The reserve was written by a board accredited MD who really seems to know about nutrition and specifically the tests that should be ordered and others that are outdated to test heart features/arteries. I love alternative and natural ways better than pharmaceuticals. My hubby I are pretty good cooks and relatively foodies. A straightforward plan complete with exercise tips, diet, supplements, mind/body suggestions and delicious recipes. Turns out the doctor also required lessons at a Culinary Institute, can't keep in mind if he got a level from them or simply took lessons. Regardless, good dishes. Also, liked that the publication was endorsed by David Perlmutter, MD of Grain Brain, whom We also like.. It really is life changing. In this manner, I can have our family physician order some of the testing recommended by him (which BTW, our doctor had currently ordered the more common and not as useful checks (which cost more!! Early results I've begun the program and am starting to notice positive changes, . I would recommend this to everyone. I have been so impressed that I've already given several copies to my friends I ordered the reserve after seeing Dr. Masley on PBS and it has turned out to be the most enlightening and practical self-help book I have read in my own life. I always exercised regularly and ate healthy (or so I thought) but around 6 years ago when I turned 50 my excess weight and blood circulation pressure began to rise. When I ordered this reserve in June of 2014, I weighed 210 pounds. Masley's system in Jan 2015 and within 5 months I dropped from 225 to 193 pounds (I am 6 ft high) also, my blood circulation pressure dropped from pre hypertension on track. I have always performed all the cooking for my family and with his cookbook I under no circumstances go hungry. The book is a very easy read and the life style changes are simple and ... I began Dr.

I'm 59 years older my blood circulation pressure was climbing and I was having difficulty breathing. The Best book in my library for overall health I consider Dr Masley (MD) to be very knowledgeable and helpful regard heart health. The reserve is an extremely easy read and the life span style changes are basic and pain-free. My cholesterol has truly gone from a complete of 179 to 150..) and hopefully he will go with the recommendations because of his credentials. Board Certified Traditionally Trained Doctor and a Fellow of the American Center Association who believes in curing by nutrition! Great book - who couldn't love a doctor who is also a nutritionist and chef! Great publication and who couldn't love a health care provider who is also a nutritionist and chef. A few of the highlights for me personally:• Why a small amount of stress is healthy and how important love and support can be• How romance and a cuddle raises oxytocin and lowers cortisol• How we have disease-care rather than health-care and why we should focus more on blood sugars than cholesterol• For every female who dies of breasts cancer, 6 females die from center disease• His 4 exams for assessing risk for heart disease: (the four Fs to amazing heart health): fitness, fiber, surplus fat and food/nutrients. PS My only regret, is I desire I would have known about him years ago.• The carotid IMT/ intimal medial thickness test (this was new to me!. I was aware of muscle aches and memory loss but did not know that they lower testosterone levels and raise blood glucose• The five new categories of food that will prevent and reverse cardiovascular disease: fibers, lean and clean protein, healthy fats, beneficial beverages and fantastic tastes. I love his last category – natural herbs, garlic, ginger, turmeric! The book is actually terrific..This book is important for me and my clients due to the hyperlink between anxiety and increased threat of heart disease. The wonderful thing is normally that by following guidelines in this book, your heart will be healthy and you'll likely start to feel less anxious!. Masley's suggestions for dark chocolate, coffee and green tea extract.Trudy Scott, Food Mood Professional and Nutritionist, author "The Antianxiety Food Solution: How the Foods You Eat WILL HELP YOU Calm Your Anxious Mind, Improve Your Disposition and End Cravings" Good Condition Bought as a gift. In very good condition. Five Stars Helpful Four Stars good Five Stars Another great PBS doctor. You are what you eat. Learn what you can.. Great read Everything you need is in this publication. Was surprised to see the 60 great recipes contained in the back again of the book that were therefore imaginative and nutritious. In all seriousness, when you have been frustrated by all of the diet / health tips books out there - search no further - that one truly puts it all together! Five Stars Wonderful, helpful medical advice. Five Stars Great! I thought it was asmatha. It'll definitely change not only my diet, but my approach to life! It not only addresses heart health but also so many aspects and solutions to a persons health. I could understand stuff my doctors never told me or helped me with. If I had only 1 book of complete wellness, this might be it. His recommendations on food are tasty and healthy. His top advice is usually to be fit (he includes a fitness test in his book) and eat 30g of fiber a day! That said it is never too late.



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