

THE BOOK BEHIND BILL CLINTON'S LIFE-CHANGING PLANT-BASED DIET

FEATURED
IN THE NEW
DOCUMENTARY
FORKS OVER
KNIVES

THE *NEW YORK TIMES* BESTSELLER

With **More Than 150**
Great-Tasting Recipes

Prevent *and* Reverse Heart Disease

The Revolutionary, Scientifically Proven,
Nutrition-Based *Cure*

Caldwell B. Esselstyn, Jr., M.D.

Foreword by T. Colin Campbell, Ph.D., author of *The China Study*

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



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THE BRAND NEW York Times bestselling guide to the lifesaving diet that may both prevent and help reverse the effects of heart disease In line with the groundbreaking results of his twenty-year nutritional study, Prevent and Reverse Heart Disease It'll empower readers and present them the tools to manage their heart health. Complete with more than 150 delicious recipes ideal for a plant-based diet, the national bestseller Prevent and Reverse CARDIOVASCULAR DISEASE explains the science in back of the simple plan which has drastically transformed the lives of cardiovascular disease patients forever. illustrates that a plant-based, oil-free diet can not only avoid the progression of heart disease but may also reverse its results. The proof is based on the incredible outcomes for patients who've followed Dr. Dr.s individuals begun to improve dramatically, and two decades later, they stay free of symptoms. Prevent and Reverse Heart Disease has helped thousands across the country, and may be the book behind Expenses Clinton's life-changing vegan diet. Esselstyn's program, including a number of patients in his original study who had been informed by their cardiologists that that they had less than a 12 months to live. Within a few months of starting the program, all Dr. Esselstyn' Esselstyn is an internationally known surgeon, researcher and previous clinician at the Cleveland Clinic and a highlighted expert in the acclaimed documentary Forks Over Knives. Caldwell Esselstyn by Dr.



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History can remember Dr. Esselstyn This book saved my life. I accidentally stumbled upon Dr. Esselstyn's analysis and suggestions when I was bed ridden with severe blood pressure which was getting worse by the day and I knew that it was only a matter of limited period before I expire. I was 52 yrs . old then. I started the switch recommended within this book. Cholesterol/HDL ratio was 5. Stopped for 4 months and watched levels rise than went back on this program. These facts usually do not lie therefore anyone with heart issue, close your eyes and embrace Dr. Esselstyn's wisdom. I am not really particularly religious but I would still say " God Bless Him " ! 4/08/2013-Heart attack. 6/04/2013-Cardiologist said don't come back for 6 months! This is my first review on Amazon.I just turned 51. I have a fitness center in my own garage, with pull-up tower and padded floor and TV/DVD player. I have worked out extensively. I have 2 bikes I trip regularly. I've exercised since our initial gym membership in 1978. I have eaten what I believed was a healthy diet. Take vitamins every day. Basically, I was in very good shape and thought I was Fine. I experienced overheated. After following a lifestyle for per month, our cholesterol dropped 50 factors! Cleared and stent. Still didn't feel correct. I laid down with a fan blowing on me. On April 8, 2013, I had just finished exercising. I observed a slight numbness in my left arm. Unusual. Swallowed an aspirin. His Father has been diabetic for a long time. Good advice. Then, I considered to myself "EASILY don't get off of the floor, I might never get up". Reduced my cholesterol amounts to a ridiculous level. 45 minutes after walking into the ER, I was being wheeled into my room with 2 stents installed. Yes, you go through it properly, 5-0! The Cardiologist said that in my main artery, towards the center of my chest, I had 100% blockage. He cleared that and put in a stent. Then, below that blockage was a 70% blockage. Ate some greek yogurt and strawberries. In the additional main artery, on the other hand of my heart, there is 50% blockage. The outcomes have already been amazing! Our LDL and triglycerides dropped too. A great investment in a wholesome life This book is the best investment I have ever made for my husband and myself. I visited Amazon and looked for books on coronary disease. UPDATE: I've today lost 20 pounds, and another blood pull revealed that my cholesterol rate has dropped 30 points. I made a decision to change my diet to correct the raised chlesterol. He can't put in a stent because it's too dangerous. Today, we've been on a plant-centered diet plan for 4 weeks. That was 5/28/13. Chewed an aspirin. Last week, after 2 weeks of plant life, his blood sugar levels was 96! Here are my cholesterol amounts. In the beginning of the plant diet, his blood sugar levels was 253. Most likely the hardest thing for me personally to get into my stubborn head was to heed Dr. A lot of these testimonials will tell you firmly to just try it for per month. Total Cholesterol- was 271, now 120, ought to be in 200, or 150 to be heart attack evidence. LDL or poor cholesterol- was 206, right now 68, should be in 100. Today, I am on no medicine today. 2, now 3.2, Men: 5. If you are in risk from heart disease this is the diet for you personally. Triglycerides- was 81, now 90, ought to be under 150. I have shed 11 pounds in four weeks. My wife has lost 8 pounds. She's had IBS all of her existence. Since we began the plant eating lifestyle, she does not have stomach aches anymore. View Forks Over Knives. Our energy have never been better. My mind is sharper than ever before. You feel so much better, lighter, cleaner. It's hard to describe. Now, following a night's rest, we wake up feeling like we slept, rather than waking up tired. A pal of mine watched the Forks Over Knives documentary along with his parents plus they all determined to try it. Noticed my arm was a bit more numb. My figures from the first day at a healthcare facility are 4/08/13. After one week of plant consuming he dropped 120 points! Just do this and see what goes on. He has never had it that low. Get the book. But know that giving up meat in our lifestyle isn't easy. She utilized to have them all the time. Follow the guidelines. Tell your friends. It functions Yesterday my Cardiologist said that I am doing so great that he doesn't have to discover me for six months! So does which means that that everyone my age who provides elevated cholesterol levels must take a statin? Todd Five stars from me for essential information, recipes, .. Esselstyn's suggestions (based on solid research, I would add) to ditch all oil. Five stars from me for essential information, quality recipes, and value. I've gone

plant centered since my doc determined he wanted to place me on a statin. I informed him I wanted to research statins before I decided to consider his prescription. It didn't take much analysis to realize that certain of the last points I would take is a statin. It is advisable to do your own research concerning this frightening med. We read the reviews and decided to give it a try. My doc said that I couldn't appropriate the problem via diet plan because I cannot lower my age. Mmmm. I hope this helps you together with your decision. I certainly hope not -- because the unwanted effects of statins are harmful. Again, do your personal research. Using the details in Prevent and Invert CARDIOVASCULAR DISEASE, I now consume a plant-based diet, which usually I've been on for two months now. Esselstyn as recommended.), I don't eat it. Life saving diet This program does work. Once we began this way of living, the TRUE flavor so of the meals was tremendously magnified. I adopted it for 4 weeks got super results. It might improve your health. IMPORTANT THING: Buy this book. I'll need to have a blood draw to check on my cholesterol amounts, but my guess is definitely that it's down too. I came across this book. My doc now says to keep performing whatever I'm doing. Bravo for plant-based eating! Five Stars I like this book Great and informative Love the book and it was in very good shape! I tell you all this to give you the back-tale. I sensed like I really needed to eat. Wake up call. Have to very clear it with diet. We were skeptical at first however the recipes are an easy task to follow and so are delicious! We didn't realize how all of the "extra substances" used to enhance the flavor of meals were actually masking it. Again, do your own research. This is an purchase into your wellbeing with excellent returns! No Oil! The other day, after 3 weeks of the plant diet plan, I had my blood tested again.. I didn't follow this initially, but as soon as I did, the fat started coming off, and I halted shedding my breath while walking up stairs. This publication will heal you, nevertheless, you have to follow it as Dr. My guideline is certainly this: If it had a mother and a father (beef, chicken, turkey, seafood, etc. Should you choose, you won't be disappointed. We've the cure to heart disease; all we have to do is place it into practice. If it came from a thing that had a mom and a dad (eggs, cows'/goats' milk, etc), I don't eat it. Told my wife to take me to the brand new heart hospital, conveniently located about 1 1/2 kilometers from my home. Bad cholesterol to 25! Since I've been eating plant-based foods only -- and there is a LOT to select from -- my blood pressure has dropped, I've lost about 14 pounds, I sleep far more soundly, my thinking is clearer, I have more energy, etc. I've lost 18 kgs however the most important fact is that my body composition record says 18% total unwanted fat, 9 % visceral unwanted fat, and 30 years internal ageing - consistently. Recommend everything my friends. 0 is average. Go through it. This takes work but it can save your life. Good information Good information on cause and connection with food! Lots of good information Interesting Very interesting, however when I followed it, I did so not feel good at all. Very interesting. Received as described.



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