

"A comprehensive and accessible guide."—Michael E. De, MD
author of *YOD: The Doctor's Manual*

REVERSE HEART DISEASE NOW

**STOP DEADLY CARDIOVASCULAR
PLAQUE BEFORE IT'S TOO LATE**

The newest cardiology breakthrough to halt
arterial disease & high blood pressure, prevent
heart attack & stroke, and reverse heart failure

Stephen T. Sinatra, MD
James C. Roberts, MD, PhD

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Stephen Sinatra

Reverse Heart Disease Now: Stop Deadly Cardiovascular Plaque Before It's Too Late



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Two leading cardiologists pull on their collective 50 years of clinical cardiology research showing you how to combine the benefits of modern medicine, over-the-counter vitamins and supplements, and simple changes in lifestyle to have a healthy heart. While most books focus exclusively on the role of cholesterol in cardiovascular disease, Reverse Heart Disease Today draws on new study that factors to the surprising other causes.



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If you are seriously interested in your heart health this is the publication for you. The two MDs who co-authored this had been into the typical heroics and drugging of individuals but broadened their horizons and started making cautious usage of supplements and a few substitute modalities like chelation, and talk about their opinions right here about both toxic hard medications like statins and aspirin and integrative medication like vitamins and chelation. I wish every cardiologist would go through that one with an open up mind. Niacin can double HDL, but when I attempted it before, it made my skin so dried out it bled. Natural Heart Protection Great info for all those seeking natural methods for prevention of HBP, CVD and several inflammatory auto-immune issues. They are significantly less hyped up in their summation of what options exist and why many are worthy of making use of. Excellent tool to teach oneself about heart disease, and in doing this, develop a sense of control in dealing with it. 8 weeks after reading this book and acting on its recommendations, and without taking statins, my HDL was up 41%, my LDL down 27%, and my total cholesterol/HDL ratio down 40%. It clarifies the complexities of the condition and associated conditions in a very understandable way. It is very comprehensive in its treatment of the pathology (including descriptions of varied diagnostic research) and treatment options so the reader can be an educated customer and make educated decisions about administration of their heart disease. They use an integrative medicine model in their method of treatment, so their treatments aren't formulaic - or one size fits all - but instead tailor the program to the specific and often varied needs of your client. They address the usage of supplements for particular symptoms, the usage of stress management techniques, the potential part of detoxification in treatment of cardiovascular disease, exercise programs, and dietary options. I'd highly recommend this book, especially to those who desire to manage their health and focus on avoiding progression of illness or prevention of problems. I have purchased many copies of this publication to send to friends/family who have been dealing with coronary disease to help them consider change of their health situation. helpful already in only weekly or two Even when I was in great shape, riding a bike 130 miles weekly, my HDL was dangerously low and my HDL/LDL ratio was awful--it works in the family. More recently, when the side-results of statins forced me to quit taking them, my ratio got a whole lot worse. One of the websites I consulted about statin side-effects stated Dr. Sinatra, and after reading what he previously to state about CoQ10 and statins, I bought this book about a month ago. It's too early to learn if the recommended diet plan and supplements, combined with exercise I had been doing, will help, but so far, it looks good. Their view is balanced and not pushing anything, just considering all of what's obtainable and accepting that a few of the alternative methods have something to offer, including HOPE.. Quadruple bypass medical procedures was horrid and the recovery was a nightmare. Sinatra uses. But when I asked my doctor about CoQ10, he admitted it may be useful when taking statins.. Five Stars lots of great info Bought copies for my doctors! Sinatra wrote. I can't imagine this book will not be helpful to almost anyone concerned with cardiovascular health. Follow-up report: The other day I met with an area cardiologist to discuss bloodwork done the week before. This is a fantastic book for anybody with concerns about their heart health, or who has a family history of heart disease. The local cardiologist also examined the dozen or so supplements I'm taking in line with the book, and aside from switching me to the prescription form of niacin, also suggested by Dr. Sinatra, he noticed no reason to change anything I was taking. Very good book approximately your heart and artery's 2017, Very good publication about your center and artery's, explains stuff very well, also Doc Sinatra offers you what worked for his individuals over years of getting them better heart wellness. Awesome! I don't need to end up on the operating table once again. Five Stars A great reserve by way of a great doctor. I have

troubles taking statins therefore i avoid the medications. No meat (or anything with a face or a mother), no dairy, no white starchy foods (white rice, bleached flour, potatoes), no sugars, no oil, no processed meals. My LDL cholesterol dropped by 100 mg from 282 to 182 the first month, that is a miracle in my life, because this is actually the first-time anything has ever reduced my cholesterol quantities. I also feel much better than ever before after dropping about 40 lbs, which is another miracle. It really is definitely not easy being on the diet, but, I possess a solid incentive to be onto it. Still sticking to this program in this well crafted book. My children doctor had suggested niacin, however, not fish oil, CoQ10, or the other supplements that Dr. Hopefully, this will keep the doctor aside. I had no hope until I read this publication and got on the recommended diet. Sensible integrative method of reversing cardiovascular disease and preventing it Excellent book, well written, interesting, apparent, thoughtful. I wish I had known about this before. Very great investment in ones health Great addition to my library, believe the info helped me. Five Stars Obvious and concise direction for recovery of your heart disease!,-they always confirm what Dr. ANYONE with or without any heart issues must have a copy of the excellent book. Browse and follow his recommendations . Get this book and all of his books as they apply to you ! Discuss benefits with your Dr Recommend... My heart treatment clinic had most of his recommendations currently within their computer system.. And when I've asked both MDs in the family members about issues I've read in the book--CRP, Lp(a), coronary calcium tests, etc. My recovery is better due to Dr Sinatra.. That hasn't happened this time, presumably due to the other supplements, like fish oil, suggested by the reserve. The title appears like something the publisher's advertising team came up with, nothing like something the doctors themselves wrote. Plenty of research assets. I had a coronary attack before I browse the publication, which scared me nearly to death. That is a great book.



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