



ARTERIES IN *Harmony*

ANTHONY POTHOULAHIS, M.D.

DEFENDING OUR ARTERIES, PROTECTING OUR LIVES,
AND PRESERVING OUR HAPPINESS IN THE ERA OF
OBESITY AND DIABETES

Anthony Pothoulakis

Arteries in Harmony: Defending Our Arteries, Protecting Our Lives And Preserving Our Happiness In The Era of Obesity And Diabetes



[continue reading](#)

To accomplish this, we can not simply depend on doctors and nurses, hospitals and universities. As a culture we've a serious job to do: defeating the obesity-diabetes-artery disease epidemic. I wish to see the prices of obesity and diabetes right down to the levels they were 50 years ago. I'm a practicing cardiologist, and I'm passionate about prevention. We should band together and combat the enemy inside our institutions, our workplaces, and our homes, time in and day out. Me and you and most of us in the community have to fight against sugars and prolonged sitting, have a zero-tolerance policy for high blood pressure, high LDL, and smoking, and find out what gives this epidemic strength and what its weak points are.



[continue reading](#)

Highly recommended! Pothoulakis. clogging arteries through period, diabetes (even though you are not susceptible to this). Congratulations to Dr. He discusses many strategies, at the community level and individual level, for combating metabolic diseases. The book is compiled by a health care provider who labs his patients and desires them to keep till they become one hundred years aged! If this book isn't an eyeopener to people who abuse their physical and mental wellness, I don't know what is. Can't most of us use a WellPal? **WAYS TO Easily Prevent and Defeat Heart Disease** Dr. Anthony Pothoulakis reserve "Arteries in Harmony" is a must read! In this book he gives his readers a detailed explanation on how best to avoid some of our chronic diseases that plague our culture today. Taking charge of our lives and choices Dr Anthony's enthusiasm and concern are infectious from the very opening pages of the comprehensive book. do yourself a favour and others Dr. It's logical. I will make it needed reading for my children.. I recommend you purchasing a copy of this book for you and your family. Prevention can be key! This book is indeed helpful! It is written for all ages.. ie. His approach to healthy living is self-explanatory common sense... look out). Or vigorous and energetic until the very end? This book is a must read for everyone who is interested in their health or the health of others. It is refreshing that his suggestions aren't the usual take a pill and see me later approach that we find therefore common today in our healthcare program. Empowerment is the goal; acquiring charge of our lives and choices and maximizing our potential. As the doctor says, we cannot defeat death but how will we **live** until our time is up? A slow and unpleasant decline of strength, mobility, cognition, etc? I really like the way he's not merely giving us the tools to improve our lives, but gets us thinking about how we spend our times in the home, work, and at school! **LONG LIFE ARTERIES** It's the very first time In my life I have been described in details the final moments of a difficult attack, the year previously and the 10 years before that! Right here's to your wellbeing! Don't be another statistic! This is a **MUST** read! Most importantly, he cares significantly about his patients and audience. This publication is crucial read if you're seeking to better your health, no matter your age! Fantastic and incredibly well written Dr. Anthony has strike the nail on the head with this – preventative measures are extremely important, and it begins with a comprehensive lifestyle change. We just get one life! Arteries in Harmony will help you understand what you should know to truly care for your body which means you don't become another statistic of weight problems, diabetes and more. Written by a genuine doctor who cares about saving lives! He requires his time along with his individuals and tries to find a solution instead of pressing you around. It is written by a doctor who's purpose is to save lives. My father is an individual of the author and we can individually testify that Dr. Pothoulakis can be in the medical field for the people and not for the insurance company. This book is a true lifestyle changer!The book gave me so many tips about how to adjust my life-style to become even healthier. Additionally, the prevention, medical diagnosis and treatment of atherosclerosis and its effects upon our day to day life are summarized very well. Pothoulakis' book can be an easy to read and understand book for everyone from teenagers to adults. Extremely helpful book! You will think in what you are putting into the mouth area and doing daily as you browse this publication and absorb facts. I really like that it informs me what I will be doing and looking for at my age to keep me healthful.. Great book! Clear, sensible and easy to check out. Sincerely, Dr. As somebody who was simply diagnosed as a Type-2 pre-diabetic I found the book extremely useful and relevant. His no-nonsense style and practical advice with obvious authoritative writing is definitely a god-send for those of us attempting to make lifestyle adjustments to cope with high blood sugars..Healthy Lifestyle Guide Yet another scientifically studied, analysed and

presented masterpiece by Dr. Dr Anthony explains both why and how in this specific work. In order never to actually happen! I desire more folks will read this publication. Many thanks doctor. Dr. Pothoulakis's book is a comprehensive overview of athrosclerosis (hardening of the arteries, especially of the coronary arteries). The book is well written, practical and easy to read and understand. It's an excellent read even for someone who's not coping with heart disease. The predisposing elements for this disease such as for example diabetes, hypertension, and weight problems are broadly discussed. It is educational and invaluable in this point in time when weight problems, hypertension, diabetes are increasing and coronary artery disease can be a frequent cause of death. Essential guidance for anybody with high blood glucose. Panagiotis Symbas, MD A distinctive resource for health professionals and audience at large I understand Dr. Anthony personally and professionally for many years and I could attest that he's one of the greatest new authors on heart medical issues and preventable common disorders. He's a unique clinician with an holistic, unbiased, and broad understanding foundation. Today's medical care has turned into a "deal with after diagnosed" world, and precautionary measures have been placed on the trunk burner. He clarifies with clearness the complicated health issues and offers solutions. This is an excellent new book that's useful to all including healthcare providers. You can not make it any simpler than this. Anthony and his team for this extraordinary brand-new publication that i fully endorse! Hope, a lot more to follow! Dr. Apostolos "Paul" Psychogios, MD, FACMGG, Associate Professor Pediatrics and Medication, ABMGG Medical and Cardiovascular Geneticist.



[continue reading](#)

download Arteries in Harmony: Defending Our Arteries, Protecting Our Lives And Preserving Our Happiness In The Era of Obesity And Diabetes pdf

download Arteries in Harmony: Defending Our Arteries, Protecting Our Lives And Preserving Our Happiness In The Era of Obesity And Diabetes djvu

[download free Hamster Wheel Relationships for Women: A Step by Step Process to Transform Unfulfilling Relationship Patterns \(No More Book 1\) divu](#)

[download free Conscious Ink: The Hidden Meaning of Tattoos: Mystical, Magical, and Transformative Art You Dare to Wear fb2](#)

[download The Empath's Toolkit: A Guide to Recovery for the Overwhelmed Empath epub](#)