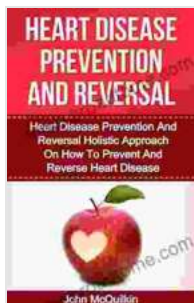


The Heart Disease Prevention and Reversal Guide: Your Comprehensive Resource for a Healthy Heart



Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice by John McQuilkin

★★★★☆ 4.3 out of 5

Language : English
File size : 619 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 46 pages
Lending : Enabled



By Dr. Dean Ornish

Heart disease is the leading cause of death worldwide. But it doesn't have to be. The Heart Disease Prevention and Reversal Guide provides everything you need to know about heart health, from the basics of heart anatomy and function to the latest scientific research on preventing and reversing heart disease.

This book is written by Dr. Dean Ornish, a world-renowned expert on heart disease prevention and reversal. Dr. Ornish has spent decades researching the effects of lifestyle factors on heart health. His research has shown that

lifestyle changes, such as eating a healthy diet, getting regular exercise, and managing stress, can dramatically reduce the risk of heart disease and even reverse existing heart disease.

The Heart Disease Prevention and Reversal Guide is a comprehensive resource that provides everything you need to know about heart health.

This book covers the following topics:

- The basics of heart anatomy and function
- The risk factors for heart disease
- The latest scientific research on preventing and reversing heart disease
- Lifestyle changes that can reduce the risk of heart disease
- Treatment options for heart disease
- How to live a healthy life with heart disease

The Heart Disease Prevention and Reversal Guide is an essential resource for anyone who wants to improve their heart health. This book provides evidence-based information on how to prevent and reverse heart disease. It is a must-read for anyone who wants to live a long and healthy life.

Free Download Your Copy Today!

The Heart Disease Prevention and Reversal Guide is available now at all major booksellers. Free Download your copy today and start your journey to a healthy heart.

With a foreword by CALDWELL B. ESSELSTYN, JR., M.D., author of the *New York Times*–bestselling PREVENT AND REVERSE HEART DISEASE

Prevent and Reverse Heart Disease COOKBOOK

Over 125 Delicious, Life-Changing, Plant-Based Recipes

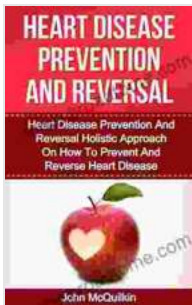


Angela Crile Esselstyn and Jane Esselstyn

About the Author

Dr. Dean Ornish is a world-renowned expert on heart disease prevention and reversal. He is the founder and director of the Preventive Medicine Research Institute in Sausalito, California. Dr. Ornish has published over 150 scientific papers and has written several books on heart health,

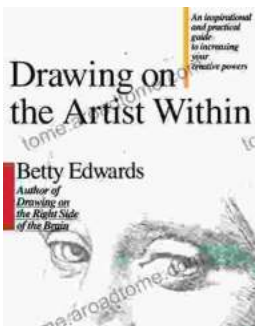
including Dr. Dean Ornish's Program for Reversing Heart Disease and The Spectrum.



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