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# The HEART DISEASE *Breakthrough*

**The 10-Step Program  
That Can  
Save Your Life**

**Thomas Yannios, M.D.**

# Heart Disease Breakthrough What Even Your Doctor Doesnt Know About Preventing A Heart Attack

**Clifford Lane**



## **Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack:**

*The Heart Disease Breakthrough* Thomas Yannios, 2007-08-24 What even your doctor may not know about the real heart attack risk factors and what you can do to prevent heart disease now You count your cholesterol monitor your fat and sodium consumption and get regular exercise But consider these facts Many people who have heart attacks have cholesterol counts below 200 Low fat diets can actually raise the heart attack risk in some people And the wrong kind of exercise can do your heart more harm than good Now for the good news You can do something about it and this book shows you how Recent research has revealed that the real risks are a combination of factors that you and your doctor may never have heard of including the crucial differences between cholesterol types and much much more In *The Heart Disease Breakthrough* Thomas Yannios M D explains the state of the art medical research and the science behind the latest breakthroughs in testing diagnosis nutrition and exercise And he presents a clear easy to follow 10 step program for counteracting your individual risk factors and attaining optimum heart health For those seriously concerned with preventing heart disease this is your guide detailed current strongly worded guidelines Yannios isn't interested in cushioning the facts or the remedies in a feel good framework Guidelines are set out here involving diet weight control exercise and medication Yannios doesn't let readers off easily but that doesn't mean he can't offer realistic help for instance practically every cardiac risk factor can be countered by exercise it just has to be the right type of exercise Heart disease prevention is among the fastest advancing medical research areas with new often conflicting recommendations being published daily For those at serious risk this is an understandable serious and worthwhile approach Kirkus Reviews

**30-Day Heart Tune-Up** Steven Masley, 2021-03-23 Follow this step by step program to optimize your cardiovascular health boost your energy slim your waistline and heat up your sex life all while enjoying sixty delicious recipes Cardiovascular disease is America's 1 killer and while most doctors focus on lowering cholesterol and blood pressure they are overlooking the real culprits arterial plaque and poor gut health The good news is that everyone regardless of size genetics gender or age can treat arterial plaque improve their overall health and prevent heart attacks and strokes with *The 30 Day Heart Tune Up* Inside you'll discover A delicious heart healthy diet designed to supercharge your heart health Exercises to improve circulation and strengthen your entire cardiovascular system Creative and effective techniques for stress management A customized supplement plan Cutting edge science on the fascinating ways the bacteria in your gut can affect the health of your heart This fully revised and updated edition of *The 30 Day Heart Tune Up* includes the latest science on the surprising connections between your gut and your heart as well as tons of new information on reducing cardiovascular risk factors like obesity high blood sugar high cholesterol and chronic inflammation through diet and exercise it will help you get healthy and stay healthy for life

*Cholesterol Cures* Editors of Rodale Health Books, 2017-11-07 This newly revised and updated edition of *Cholesterol Cures* examines in depth research on improving your overall cholesterol profile *Cholesterol Cures* goes beyond traditional advice and explains how specific foods

and nutritional supplements along with physical activity and lifestyle changes have a direct correlation to healthy cholesterol levels From familiar remedies such as garlic oats and fish oil supplements to unique finds such as grapeseed extract and coenzyme Q10 this book offers a definitive guide to improving your health It also debunks the myth of forbidden foods like red meats and dairy and provides a guide on how to integrate high cholesterol foods as part of a healthy cholesterol friendly diet

**Ebony** ,2003-10 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine American Book Publishing Record R.R. Bowker Company,1978 *Medical Breakthroughs 2004* ,2004 *Library Journal* ,1999-04 The Whole Heart Solution Joel K. Kahn, MD,2014-09-16 A groundbreaking holistic self care manual for the heart that reveals how to reverse and prevent heart disease now Cardiovascular disease CV is the number one killer in the Western world But it doesn't need to be The truth is that more than 75 percent of cases of heart attacks strokes and other cardiovascular disease events are preventable In The Whole Heart Solution America's Holistic Heart Doc Joel K Kahn MD reveals more than 75 simple low cost things you can do right away from drinking your veggies to opening your windows to walking barefoot to make yourself heart attack proof Here's what leading physicians and other experts have to say about The Whole Heart Solution If you want to raise your heart energy keep your heart arteries clean and identify the root causes of heart disease to avoid stents and bypass surgery Dr Kahn has your prescriptions ready to use This is a unique manual of caring for your heart by taking out the bad stuff and putting in the good stuff A must read Mark Hyman MD New York Times bestselling author of UltraMetabolism Blood Sugar Solution and others Coronary artery disease and heart attacks are avoidable through superior nutrition Dr Kahn can lead the way to change the face of cardiology in America Joel Fuhrman MD New York Times bestselling author of Eat to Live The End of Diabetes and others Board Certified Family physician Research Director of the Nutritional Research Foundation This is an important book that everyone needs to read Dr Kahn is an expert at translating complex information into easy to understand usable techniques to have a better heart and brain Daniel G Amen MD New York Times bestselling author of Change Your Brain Change Your Life and others Heart disease is mostly preventable and if we all took a page from Dr Joel Kahn America would be a whole lot healthier and happier Jason Wachob founder and CEO MindBodyGreen.com Dr Joel Kahn has a national reputation as one of the top cardiologists in the US His book will be a tremendous asset to patients their families and physicians Mark Houston MD MS Director Hypertension Institute and Vascular Biology of Nashville TN and author of What Your Doctor May Not Tell You about Heart Disease The heart can be strengthened in so many ways without surgery Doctors need to be champions of real health food based health fitness based health I know champions and Dr Kahn is a champion John Salley four time NBA champion Dr Joel Kahn is a leader in the cardiology world in recognizing the importance of food and lifestyle for heart conditions His book will be a winner for all involved Neal D Barnard MD Adjunct Associate Professor of Medicine at George Washington University School of Medicine and bestselling author of Dr Neal

Barnard's Program for Reversing Diabetes The Whole Heart Solution by Dr Joel Kahn is an enlightened comprehensive examination by a dedicated physician as well as a treasure chest of opportunities to enhance a full and healthy life Caldwell B Esselstyn Jr M D author of Prevent and Reverse Heart Disease **Prevention's Diabetes Breakthroughs 2007** ,2007 Discover the five must have foods for blood sugar control Melt away stubborn abdominal fat a top diabetes risk factor Build a blood sugar friendly eating plan in three easy steps Check out your diabetes medicines Are they the right ones for you

*The Doctor's Heart Cure* Al Sears,2004 A plan that helps you build a powerful disease free heart **The Publishers Weekly** ,1999 **Prevention** ,2007-02 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets *Ebony* ,2003-10 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **The British National Bibliography** Arthur James Wells,2000 **New Living Heart Diet** John P. Foreyt,Michael E. Debakey,Lynne W. Scott,Antonio M. Gotto,1996-01-04 From good old American favorites to vegetarian and delicious ethnic dishes this cookbook includes more than 300 tasty recipes for healthful eating presented by the team that focused America's attention on a heart healthy diet Includes charts throughout National ads media

*Prevention* ,2006-02 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets **Future Smart** James Canton,2015-01-27 From the Chairman of the Institute for Global Futures a forecast of game changing trends and how to manage and profit from them to better your life

**Health Radar's Encyclopedia of Natural Healing** Nick Tate,2017-10-03 New York Times Bestselling author Nick Tate brings together the latest cutting edge health information from the experts at HEALTH RADAR to help individuals and families stay healthy live longer and live better naturally Through a monthly newsletter and website Health Radar is chock full of valuable information about a variety of topics Tips on how to lose weight and keep it off Articles covering significant common issues such as cancer memory loss depression and allergies Education on less commonly known medical issues Unlike more commercial health magazines the well researched content in Health Radar comes from medical studies experts and professionals focused on giving you practical advice on how to improve your health Health Radar helps you better understand your body and how its inner processes work When you understand how your body works and why it works like it does you will be better prepared and equipped to keep your body and your mind healthy This book truly bulges from cover to cover with to the point tips tricks and strategies that can Eliminate your health worries Keep you out of the hospital and your doctor's office Protect you from unnecessary treatments dangerous pills and procedures and sky high medical costs And add many years of robust health and vitality to your life and the lives of your loved ones It's time to move beyond the limits of old fashioned medicine And move beyond those nagging health problems that make you feel old sick fat weak and stressed out No matter what health issues you may be coping with you'll discover every issue of Health Radar to be an outstanding source

of useful action strategies that help you enjoy a fun filled active life      **The Heart Attack Germ** Louis Dvonch,2003-02-07  
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world over as the Heart Attack Germ People infected by this germ are at a significantly increased risk for stroke heart attack  
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attack the underlying cause of cardiovascular trouble Vividly written and illustrated The Heart Attack Germ will show you  
how to dramatically reduce your risk of stroke heart attack and the symptoms of Alzheimer s safely painlessly inexpensively  
and without surgery      **Weekly World News** ,1981-10-13 Rooted in the creative success of over 30 years of supermarket  
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