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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

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of useful action strategies that help you enjoy a fun filled active life **The Heart Attack Germ** Louis Dvonch,2003-02-07
Perhaps you've read about the Heart Attack Germ in Reader's Digest Or you may have seen the story about it on Dateline NBC But The Heart Attack Germ is the first and only book that reveals the full story behind this astonishing and revolutionary medical breakthrough A germ named Chlamydia pneumoniae has been identified by medical researchers the world over as the Heart Attack Germ People infected by this germ are at a significantly increased risk for stroke heart attack and other cardiovascular problems including the symptoms of Alzheimer's disease Several other common bacteria and viruses have also been associated with an increased risk of stroke and heart attack All of these germs are contagious and easily transmitted from person to person In fact the odds are that you've already been infected by one or more of the germs of cardiovascular disease The discovery of the Heart Attack Germ has produced improved treatments that for the first time 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 tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

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