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The End Of Heart Disease: The Eat To Live Plan To Prevent And Reverse Heart Disease

THE EAT TO LIVE PLAN
TO PREVENT AND REVERSE HEART DISEASE

The END *of* HEART DISEASE



#1 New York Times Bestselling Author
JOEL FUHRMAN, M.D.
Read by John Pruden



Synopsis

The New York Times best-selling author of *Eat to Live*, *Super Immunity*, *The End of Diabetes*, and *The End of Dieting* presents a scientifically proven, practical program to prevent and reverse heart disease, the leading cause of death in America - coinciding with the author's new medical study revealing headline-making findings. Dr. Joel Fuhrman, one of the country's leading experts on preventative medicine, offers his science-backed nutritional plan that addresses the leading cause of death in America: heart disease. An expert in the science of food, Dr. Fuhrman speaks directly to listeners who want to take control of their health and avoid taking medication or undergoing complicated, expensive surgery - the two standard treatments prescribed today. Following the model of his previous programs that have successfully tackled conditions from diabetes to dieting, Dr. Fuhrman's plan begins with the food we eat. He focuses on a high nutrient per calorie ratio, with a range of options for different needs and conditions. He shows us what to remove and what to add to our diets for optimum heart health, provides menu plans and recipes for heart-healthy meals and snacks, and includes helpful questions for doctors and patients. By understanding heart disease and its triggers, Dr. Fuhrman gives us the knowledge to counterattack this widespread epidemic and lead longer, healthier lives.

Book Information

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Customer Reviews

There is a LOT to absorb in *THE END OF HEART DISEASE*. This is a well-written, practical discussion about the biggest killer in our society, and concrete steps you can start taking right away to keep yourself from becoming the next victim. Here's a sobering thought: "Cardiac patients

typically worsen and usually die of heart disease despite the finest medical management."I definitely do NOT like the sound of that quote from Dr. Fuhrman. Dr Fuhrman begins this book by explaining the impact of heart disease in our society. More people die of heart disease than all the cancers combined. The cost to society is astronomical, and yet most people wait for the symptoms to happen, and then treat the problem with drugs. In a recent year, \$320 billion dollars were spent on cardiovascular disease. Dr. Fuhrman notes that the total lifetime cost to treat a person with CAD (Coronary Artery Disease) is nearly \$1,000,000! The author is emphatic that physicians have a moral obligation to explain to patients that there is a LOT that one can do to greatly lessen the risk of heart disease. If you wait until you have the symptoms, it will be FAR more costly to treat, and far less effective. Yes, there are drugs that can lessen blood pressure and other important metrics, but these drugs will not actually cure your disease--just help in keeping in under control. The good news, the doctor explains, is that with substantive dietary changes, you can drastically cut your risk. Not down to zero, of course, but much lower risk. He cites numerous studies that have focused on certain foods, and their contribution to preventing heart disease. There is a TON of scientific evidence that demonstrate the value of eating certain foods, and avoiding others.

First, I have most of Dr. Fuhrman's books, including his book on fasting, Eat to Live, End of Diabetes and The End of Heart Disease (EOHD), and, have several of his videos. I've also read books by other doctors who write in this genre including McDougall, Kahn, Esselstyn, etc. Issues: page 12 of EOHD asks any doctors, researchers, etc., who find conflicting information or evidence to contact Dr. Fuhrman. Fast forward and Dr. Fuhrman notes, on page 188, there has not been any diet with 'animal proteins' that has been proven to reverse heart (vascular) disease (CVD). Not true...Dr. K Lance Gould has multiple publications objectively demonstrating through PET scans the reversal of CVD through a diet which includes animal proteins. Gould worked with Dean Ornish on the very early cutting edge reversal of CVD through non-invasive measures, but, as he writes in his book felt Ornish's approach was too high in starchy carbs and felt vegetables, lean proteins and fruits (in that order) should be the lead foods for heart patients. In fact, one of Gould's early patients--Al Weatherhead--passed away only a few years ago after being given a death sentence in the 80s. Dr. William Davis has published, in PubMed, research showing his diet, which includes animal protein, the reversal of CVD _AND_ coronary calcification. In his book, Track Your Plaque, and, website Curereality, Davis also cites patients who have reversed their calcium score from the thousands to the hundreds. (As a side note, a cardiologist in Dallas, TX, in the 1990s, was sending his patients to a nutritionist, Cliff Sheats. The MD noted his patients had seen 100% reversal of CVD

via Sheats' diet.) Third, Dr. Fuhrman advises against (or limiting) potatoes, however, they're included in Dr.

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