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# HEALING YOUR HEART

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**A Proven Program for Lowering Cholesterol  
and Preventing or Healing Heart Disease**

**Includes meal plans, low-cholesterol recipes  
and a zero-cholesterol shopping list**

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**Herman Hellerstein, M.D.,  
and Paul Perry**

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# Healing Your Heart Proven Program Reversing Heart Disease W O Drugs Or Surgery

**Rose Arny**



## **Healing Your Heart Proven Program Reversing Heart Disease W O Drugs Or Surgery:**

**Forthcoming Books** Rose Arny, 2003 **Dr. Dean Ornish's Programme for Reversing Heart Disease** Dean Ornish, 1991-01 *Words on Cassette*, 1993 **Stress, Diet, and Your Heart** Dean Ornish, 1983 A lifetime program for healing your heart without drugs or surgery **Dr. Dean Ornish's Program for Reversing Heart Disease** Dean Ornish, M.D., 1995-12-30 The Ornish Diet has been named the 1 best diet for heart disease by U S News they learned how to lower high blood pressure their chest pain diminished or disappeared they felt more energetic happy and calm they lost weight while eating more and blockages in coronary arteries were actually reduced In his breakthrough book Dr Ornish presents this and other dramatic evidence and guides you step by step through the extraordinary Opening Your Heart program which is winning landmark approval from America's health insurers The program takes you beyond the purely physical side of health care to include the psychological emotional and spiritual aspects so vital to healing This book represents the best modern medicine has to offer It can inspire you to open your heart to a longer better happier life **Popular Science**, 2002-12 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **Popular Mechanics**, 2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle *Working Mother*, 2001-10 The magazine that helps career moms balance their personal and professional lives *The Advocate*, 2001-08-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States *Healing Your Heart* Paul Perry, MD, Herman Hellerstein, 1990-08-15 Presents a six step program for preventing or reversing heart disease with meal plans and recipes to ease the transition to a heart healthy life style **Heal Your Heart** K. Lance Gould, 1998 This easy to use guide shows how to effectively manage cardiovascular health with information on diet and lifestyle as well as suggestions for better communication with one's physician 41 tables 61 color illustrations **The Simple Heart Cure** Chauncey Crandall, M.D., 2013-10-22 Heart disease kills more people than any other medical condition and no one is more aware of this than renowned cardiologist Dr Chauncey Crandall In addition to having performed over 40 000 heart procedures during his career Dr Crandall has experienced this deadly disease on the most personal level as a patient At the age of 48 and with no major risk factors he found himself in the ER with a blockage of his main coronary artery After emergency intervention he recovered from heart disease using the same course of treatment he recommends to his thousands of patients making him living proof of his program's success In his new book The Simple Heart Cure The 90 Day Program to Stop and Reverse Heart Disease you'll find this top doc's groundbreaking three pronged approach to prevent and reverse heart disease an approach

honed by his study of cultures free of heart disease and his decades of experience helping thousands of patients achieve a healthier heart at any age So if you re recovering from a heart attack or concerned with preventive maintenance you ll find the help you need in The Simple Heart Cure including great heart healthy menus and a 90 day week by week plan to help you start taking action immediately Here are just a few of the potentially life saving gems you ll discover in The Simple Heart Cure The 90 Day Program to Stop and Reverse Heart Disease How to slash your risk of a deadly heart attack by 61% Proven ways to banish your bad cholesterol 8 easy steps to head off high blood pressure How you can safeguard against lethal stroke Simple strategies to unclog your arteries without surgery What your belly says about your heart health Must have heart tests for every person over 50 Easy solutions to steer clear of statin drugs Special advice for women diabetics the very stressed and much more By following the advice in Dr Chauncey Crandall s new book The Simple Heart Cure you can surmount the biggest challenge of all and win your battle against heart disease Scott Carpenter Astronaut NASA s Mercury Project When it comes to your heart health The Simple Heart Cure could be the most important book you ll ever read

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**Healing Your Heart** Herman Hellerstein,Herman K. Hellerstein,Paul Perry,1991 Based on extensive clinical experience Dr Hellerstein s 7 point program shows how blockages in the arteries can shrink and even disappear the circulatory system can be made younger and symptoms of heart disease can be relieved in a few weeks Features 60 low fat low cholesterol recipes for healthy eating and easy to do exercises

**Reverse Heart Disease Now** Stephen T. Sinatra, M.D.,James C. Roberts,2010-12-08 While most books focus solely on the role of cholesterol in heart disease Reverse Heart Disease Now draws on new research that points to the surprising other causes Two leading cardiologists draw on their collective fifty years of clinical cardiology research to show you how to combine the benefits of modern medicine over the counter vitamins and supplements and simple lifestyle changes to have a healthy heart

**Heal Your Heart** Michael Miller,2014-11-25 Keep a healthy heart for life Stress and other negative emotions contribute to at least 25 percent of all heart attacks but now cutting edge research shows that positive emotions cause a chemical change in your body that directly improves your overall cardiovascular health In Heal Your Heart Dr Michael Miller a leader in the fields of preventive and behavioral cardiology outlines his Positive Emotions Prescription a 28 day program designed to undo past heart damage and reduce your risk of stroke heart attack and more You ll discover how eating certain foods listening to specific kinds of music and even increasing the amount of time you spend laughing can promote heart health and overall positive well being Complete with success stories from Dr Miller s patients

this go to reference and prescriptive plan will help you lose weight reduce your cholesterol and blood pressure and keep your heart healthy for life      Reversing Heart Disease Julian Whitaker, 2002-03-01 Drawing on nearly 20 years of experience Julian Whitaker examines modern medicines s latest diagnostic techniques treatment and drugs and offers up improvements to his own comprehensive cardiac programme      **The 15 Minute Heart Cure** John M. Kennedy, Jason Jennings, 2009-12-15 From a top cardiologist simple stress reduction techniques to prevent and reverse the four major kinds of heart disease The 15 Minute Heart Cure shows how stress can harm our cardiovascular system and offers practical easy ways to dispel stress naturally without spending a lot of time or money It explains the stress heart disease connection for the four major types of heart disease heart attack arrhythmia congestive heart failure and cardiac valve disease and equips you with the author s proven BREATHE technique to help you stop stress in its tracks Teaches the BREATHE beginning relaxation envision apply treatment heal end technique to help you heal and protect your heart Gives you specific stress reducing breathing and guided imagery exercises you can do anywhere anytime First book by a leading cardiologist on the stress heart disease connection Dr Kennedy is the former director of Cardiac Catheterization Laboratory and director of Inpatient Cardiology Kaiser Permanente Medical Center San Rafael CA and the current medical director of Preventive Cardiology and Wellness Marina Del Rey Hospital Marina Del Rey California and member of the Board of the American Heart Association Includes real life case examples from the author s extensive clinical experience Don t let stress hurt your heart Unleash the healing benefits of The 15 Minute Heart Cure and discover the wonderful sense of focus and calm it will bring to your life      **Joel Fuhrman's the End of Heart Disease** , 2016 This is a Summary of Joel Fuhrman s The End of Heart Disease The Eat to Live Plan to Prevent and Reverse Heart Disease Heart disease and strokes are the leading cause of death in the United States but it isn t inevitable The cure for America s most lethal killer doesn t require expensive medications or rounds of invasive surgery In fact 99 percent of heart disease related deaths are entirely preventable with diet and nutrition The cure for reversing heart disease is as simple as changing the food we eat One of our country s leading experts in both preventive medicine and the science of food Dr Fuhrman speaks directly to readers everywhere who want to take control of their health and avoid taking medication or undergoing complicated expensive unnecessary and often ineffective procedures or surgery He asserts that the public is rarely informed by their doctors of the most effective options for treating high blood pressure high cholesterol and heart disease Nor are we provided an accurate evaluation of the true health risks from commonly prescribed drugs Given this lack of vital information how can we possibly make an intelligent and informed choice regarding a pill procedure or change in diet Grounded in the latest scientific research and Dr Fuhrman s twenty five years of clinical experience treating heart disease The End of Heart Disease shows us how we can significantly lower cholesterol and blood pressure reduce weight heal obstructive coronary artery disease and even eradicate advanced heart disease all without the need for dangerous procedures like angioplasty or bypass surgery Dr Fuhrman shows us how to eat for optimal heart health

with a range of options for differing needs and conditions He provides detailed menu plans and delicious recipes for heart healthy meals and snacks and includes helpful questions for doctors and patients Available in a variety of formats this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 448 pages You get the main summary along with all of the benefits and lessons the actual book has to offer This summary is not intended to be used without reference to the original book      **The Total Guide to a Healthy Heart** Seth J. Baum,1999 Integrative strategies for preventing and reversing heart disease      **Reversing Heart Disease** Julian M. Whitaker,2002 Describes a non surgical program for victims of cardio vascular diseases that includes a complete therapeutic regimen and diet plan that will enable many not only to halt their diseases progress but reverse that progress

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