

"This place is really connected with everything from the way we live to the way we think... and everything in between." —Michael Berman

# 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

**J Spring**



## **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 The Publishers Weekly, 1999

*Consumer Health Information Source Book* Alan Rees, 2003-06-30 The seventh edition of this comprehensive and authoritative guide provides more than 2 000 popular publicly available health information resources available in both print

and electronic formats Resources include those that the author judges to be the best materials published since the last edition of this book

**The Heart Attack Germ** Louis Dvorchak, 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

**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

**Magill's Medical Guide** Anne Chang, 2005 Thrombolytic therapy TPA Thrombosis thrombus Thumb sucking Thyroid disorders Thyroid gland Thyroidectomy Tics Toilet training Tonsillectomy adenoid removal Tonsillitis Tooth extraction Toothache Torticollis Tourette's syndrome Toxemia Toxic shock syndrome Toxicology Toxoplasmosis Tracheostomy Trachoma Transfusion Transient ischemic attacks TIAs Transplantation Tremors Trichinosis Trichomoniasis Tropical medicine Tubal ligation Tuberculosis Tumor removal Tumors Turner syndrome Typhoid fever typhus Ulcer surgery Ulcers Ultrasonography Umbilical cord Unconsciousness Upper extremities Urethritis Urinalysis Urinary disorders Urinary system Urology Urology pediatric Vagotomy Varicose vein removal Varicose veins Vascular medicine Vascular system Vasectomy Venous insufficiency Veterinary medicine Viral infections Visual disorders Vitamins minerals Voice vocal cord disorders Von Willebrand's disease Warts Weaning Weight loss gain Weight loss medications Well baby examinations West Nile virus Whiplash Whooping cough Wilson's disease Wisdom teeth Wiskott Aldrich syndrome World Health Organization Worms Wounds Wrinkles Xenotransplantation Yellow fever Yoga Zoonoses Glossary Diseases Other Medical Conditions Types of Health Care Providers Medical Journals Web Site Directory Entries by Anatomy or System Affected Entries by Specialties Related Fields

*Freedom from Disease* Peter Morgan Kash, Jay Lombard, 2008-06-10 Foreword by Mehmet Oz co author of YOU ON A DIET and YOU AN OWNER'S MANUAL This ground breaking book reveals how insulin resistance is linked to heart disease cancer Alzheimer's overweight childhood behavioral disorders depression high blood pressure and more It also provides information on how to get insulin under control While insulin is most closely associated with diabetes it is in fact the culprit in the diseases that are making the American population ill heart disease cancer diabetes stroke and Alzheimer's

Insulin is the hormone that helps the body use glucose when insulin and glucose are out of balance glucose builds up in the blood leading to inflammation which can cause disease in any number of the body's systems Drawing on the latest scientific research on the role insulin plays in the systems of the body this book presents information on nutrition and exercise that will battle increased insulin levels reduce insulin resistance and keep the entire body healthy and free of disease Nutrition and exercise are the keys to controlling insulin levels and keeping the entire body healthy and the book provides extensive information on how and what to eat to not only prevent disease and improve overall health it explains the effect of insulin on physical and mental function and tells you what to do for a particular concern be it heart disease brain aging or diabetes Freedom from Disease is comprehensive well researched and will give you the tools you need to effectively reduce insulin levels and maintain excellent health

**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 Library Journal, 1999-04 The Library Journal, 1999 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **Book Review Digest**, 2002 **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

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**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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## **Table of Contents Heart Disease Breakthrough What Even Your Doctor Doesnt Know About Preventing A Heart Attack**

1. Understanding the eBook Heart Disease Breakthrough What Even Your Doctor Doesnt Know About Preventing A Heart Attack
  - The Rise of Digital Reading Heart Disease Breakthrough What Even Your Doctor Doesnt Know About Preventing A Heart Attack
  - Advantages of eBooks Over Traditional Books
2. Identifying Heart Disease Breakthrough What Even Your Doctor Doesnt Know About Preventing A Heart Attack
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Heart Disease Breakthrough What Even Your Doctor Doesnt Know About Preventing A Heart Attack
  - User-Friendly Interface
4. Exploring eBook Recommendations from Heart Disease Breakthrough What Even Your Doctor Doesnt Know About Preventing A Heart Attack
  - Personalized Recommendations

- Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack User Reviews and Ratings
  - Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack and Bestseller Lists
5. Accessing Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack Free and Paid eBooks
- Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack Public Domain eBooks
  - Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack eBook Subscription Services
  - Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack Budget-Friendly Options
6. Navigating Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack eBook Formats
- ePub, PDF, MOBI, and More
  - Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack Compatibility with Devices
  - Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack
  - Highlighting and Note-Taking Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack
  - Interactive Elements Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack
8. Staying Engaged with Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack
- Joining Online Reading Communities
  - Participating in Virtual Book Clubs



- Following Authors and Publishers Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack
- 9. Balancing eBooks and Physical Books Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack
  - Setting Reading Goals Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack
  - Fact-Checking eBook Content of Heart Disease Breakthrough What Even Your Doctor Doesn't Know About Preventing A Heart Attack
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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