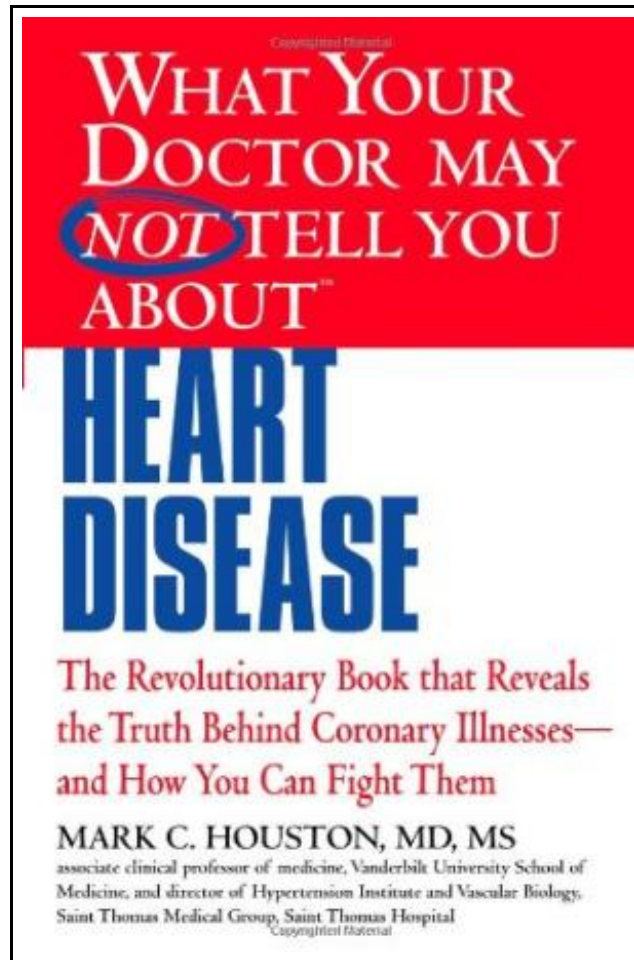


What Your Doctor May Not Tell You About Heart Disease: The Revolutionary Book That Reveals the Truth Behind Coronary Illnesses - and How You Can Fight Them



Filesize: 1.33 MB

Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ally Reichel)

WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT HEART DISEASE: THE REVOLUTIONARY BOOK THAT REVEALS THE TRUTH BEHIND CORONARY ILLNESSES - AND HOW YOU CAN FIGHT THEM



Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, What Your Doctor May Not Tell You About Heart Disease: The Revolutionary Book That Reveals the Truth Behind Coronary Illnesses - and How You Can Fight Them, Mark C. Houston, Coronary heart disease has long been the number one killer in the West and for decades, we have been told about five basic risk factors: elevated cholesterol, high blood pressure, diabetes, obesity and smoking. But the truth is that heart disease is much more complex-- with close to 400 risk factors! In this innovative guide, Dr. Mark Houston helps readers discover the causes of heart disease, how to prevent and treat its debilitating effects via nutrition, nutritional supplements, exercise and weight management and lays to rest to various myths (cholesterol is not the primary cause) based on scientific studies and medical publications. Readers will also learn how to identify the risk factors most likely to endanger them and construct an arsenal of non-pharmacological preventive strategies that can counteract this most deadly disease.



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