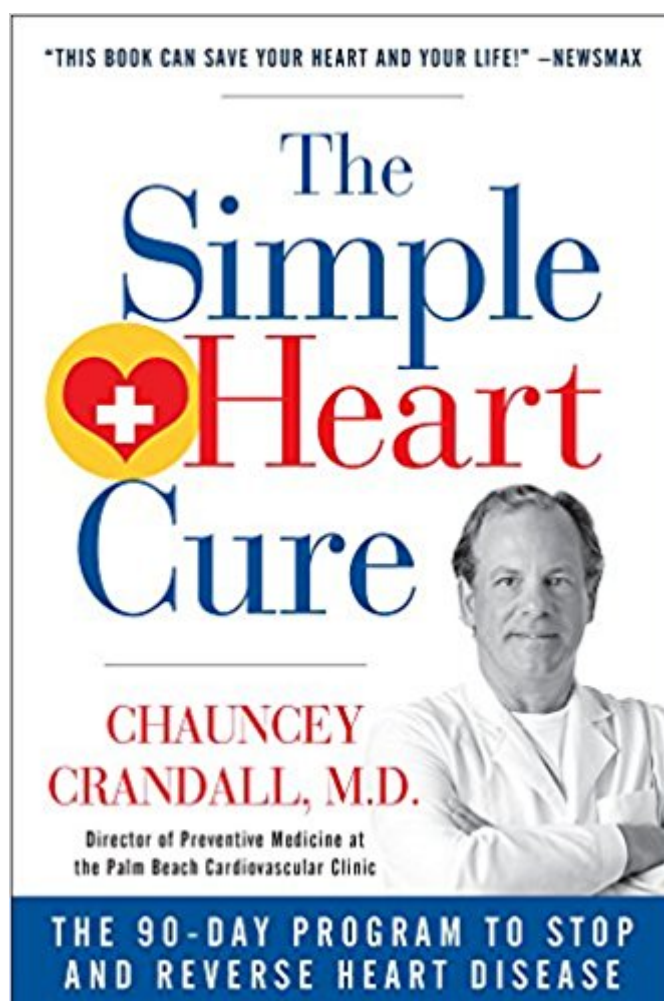


The book was found

The Simple Heart Cure - Large Print: The 90-Day Program To Stop And Reverse Heart Disease



Synopsis

Heart disease kills more people than any other medical condition. And no one is more aware of this than top cardiologist Dr. Chauncey Crandall, who has performed over 40,000 heart procedures during his career. In his new book, *The Simple Heart Cure*, you'll find this top doc's groundbreaking approach to preventing and reversing heart disease; an approach honed by his study of foreign cultures free of heart disease and decades of experience helping patients achieve a healthier heart at any age. Dr. Crandall is living proof of his program's success. At the age of 48, and with no major risk factors, he found himself in the ER with a "widow-maker" blockage of his main coronary artery. After emergency heart surgery, he recovered from heart disease using the same course of treatment he recommends to his thousands of patients; and details for your benefit; in *The Simple Heart Cure*. His unique perspective as both doctor and patient helps him empathize with the difficulties in making a transition from years of bad habits to a heart-healthy way of life. Plus, Dr. Crandall believes in using every weapon in his medical arsenal; conventional medicine, emerging treatments, lifestyle changes, even alternative therapies; to help his patients recover. Here are just a few of the potentially life-saving gems you'll discover: Proven ways to banish bad cholesterol How to slash your risk of a deadly heart attack by 61% 8 easy steps to head off that high blood pressure How you can safeguard against stroke Simple strategies to unclog your arteries without surgery What your belly says about your heart health Must-have heart tests for everyone over 50 Easy solutions to steer clear of statin drugs, and much more... So whether you just want to prevent heart problems, or you've already had a heart attack, you'll find the help you need in *The Simple Heart Cure*, along with tasty, heart-healthy menus and a 90-day week-by-week plan to help you start taking action immediately.

Book Information

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Customer Reviews

Chauncey Crandall: Chauncey W. Crandall IV, M.D., F.A.C.C.,(Palm Beach, FL) is Director of Preventive Medicine at the renowned Palm Beach Cardiovascular Clinic and Chief of Interventional Cardiology at Good Samaritan Medical Center in Palm Beach, Florida. Dr. Crandall regularly lectures nationally and internationally on preventive cardiology, cardiology healthcare of the elderly, healing, interventional cardiology, and heart transplants. He has been heralded for his values and message of hope to all his heart patients and is also the editor of the popular newsletter, Dr. Crandall's Heart Health Report.

very helpful learned things I should have learned from my cardiologist

Very good information on a supplement I was taking for cholesterol. If you are taking Red Yeast Rice to lower your cholesterol, check the label, if it is from China, it may have fillers in it. I don't trust anything from China, remember the pet food?? I checked all my supplements I purchased from Walmart and most was from China, I threw all of them in the trash!

Great eye opening health information!!

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