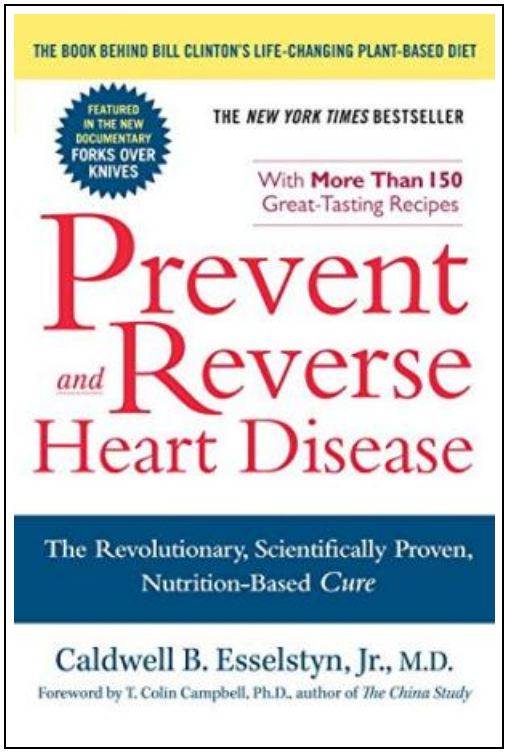
Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure



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Reviews

It is really an incredible publication which i actually have possibly read through. It really is writter in easy phrases and not confusing. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Jodie Wehner)

PREVENT AND REVERSE HEART DISEASE: THE REVOLUTIONARY, SCIENTIFICALLY PROVEN, NUTRITION-BASED CURE

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Avery Trade. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.8in. x 5.9in. x 1.1in.The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart disease Based on the groundbreaking results of his twenty-year nutritional study, Prevent and Reverse Heart Diseaseby Dr. Caldwell Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects. Dr. Esselstyn is an internationally known surgeon, researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary Forks Over Knives. Prevent and Reverse Heart Disease has helped thousands across the country, and is the book behind Bill Clintons life-changing vegan diet. The proof lies in the incredible outcomes for patients who have followed Dr. Esselstyns program, including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live. Within months of starting the program, all Dr. Esselstyns patients began to improve dramatically, and twenty years later, they remain free of symptoms. Complete with more than 150 delicious recipes perfect for a plant-based diet, the national bestseller Prevent and Reverse Heart Disease explains the science behind the simple plan that has drastically changed the lives of heart disease patients forever. It will empower readers and give them the tools to take control of their heart health. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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