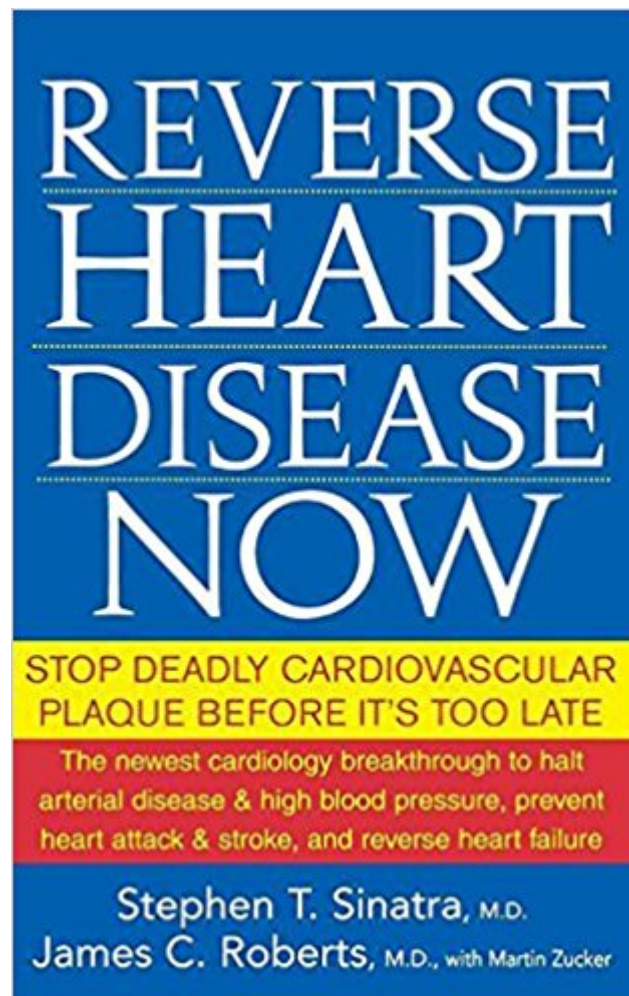




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Reverse Heart Disease Now: Stop Deadly Cardiovascular Plaque Before It's Too Late



Synopsis

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.

Book Information

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Customer Reviews

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. Leading cardiologists Dr. Stephen Sinatra and Dr. James Roberts 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; whether you have acute or chronic disease or just want to prevent cardiovascular disease from developing. Focusing on crisis prevention, *Reverse Heart Disease Now* gives you the practical information and strategies you need to stop heart disease in its tracks. You'll discover how: You can combat heart disease before the first heart attack Your arteries can become enveloped in inflammation and plaque that lead to heart attack, stroke, and heart failure; and what to do about it Medications, scientifically proven supplements, and lifestyle changes can extinguish the flames of disease and purge and stabilize arteries; even for the most compromised cases Fish oil, nattokinase, L-arginine, CoQ10, magnesium, vitamin C, and other supplements can help prevent arterial clogging CoQ10, along with L-carnitine and D-ribose, can powerfully recharge weak and

ailing hearts Through the breakthrough integrative program found in Reverse Heart Disease Now, you can become more involved in your own healing process and even prevent heart disease before it strikes. --This text refers to the Hardcover edition.

"Drs. Sinatra and Roberts have taken preventive cardiology to an entirely new level. . . . I highly recommend this important and groundbreaking new book."—Nicholas Perricone, M.D., bestselling author of The Perricone Prescription and Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity"A must-read for anyone interested in stopping heart disease in its tracks. If you want to live a long and healthy life, this is the book for you."—Dharma Singh Khalsa, M.D., bestselling author of Brain LongevityLeading cardiologists Dr. Stephen Sinatra and Dr. James Roberts 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—whether you have acute or chronic disease or just want to prevent cardiovascular disease from developing. You'll discover how: You can combat heart disease before the first heart attack Medications, scientifically proven supplements, and lifestyle changes can extinguish the flames of disease and purge and stabilize arteries—even for the most compromised cases Fish oil, nattokinase, L-arginine, and other supplements can help prevent arterial clogging CoQ10, along with L-carnitine and D-ribose, can powerfully recharge weak and ailing hearts

This is an excellent book for anyone with concerns about their heart health, or who has a family history of heart disease. It explains the complexities of the illness and associated conditions in a very understandable way. It is very thorough in its treatment of the pathology (including descriptions of various diagnostic studies) and treatment options so the reader can be an educated consumer and make informed decisions about management of their heart disease. They use an integrative medicine model in their approach to treatment, so their treatments are not formulaic - or one size fits all - but instead tailor the plan to the specific and often varied needs of the client. They address the use of supplements for specific symptoms, the use of stress management techniques, the potential role of detoxification in treatment of heart disease, exercise programs, and dietary options. I would highly recommend this book, especially to those who wish to take control of their health and work on preventing progression of illness or prevention of complications. I have purchased several copies of this book to send to friends/family who were dealing with cardiovascular disease to help them take charge of their health situation.

Fabulous book. Scientific information -- well written and presented -- easy to understand and more importantly easy to do. Really presented in a balanced view and not pushing one modality. Excellent for those concerned with health, a family history or personal history of heart/cardiac issues/disease. Road map to better cardiovascular health by lifestyle, diet, body-mind measures and supplementation and vitamins. "Death by inflammation" was a great chapter. Always the focus seemed to be cholesterol, but here something totally new/different is presented. HIGHLY RECOMMEND

This book offers easy-to-understanding facts about the various heart functions and its diseases. It offers lots of information about the proven benefits and usage of various natural supplements and foods. It emphasizes that your use of natural supplements, your food diet, your exercise... can reduce and/or eliminate many of the heart diseases and problems you may encounter. It does not suggest itself a replacement for your cardiologist. I think one of the book's missions... is to update cardiologists with information and facts about the New Cardiology... the part that is new are the proven benefits of the above, as witnessed and documented by two seasoned cardiologists.

I've read this book myself and then purchased 3 copies of this for friends. Two of those friends have had issues with their heart. I don't know anything about heart disease, but this book has some very good suggestions. When I've given the books, I always use the recommendation to talk-over the points found in the book with your doctor. My concern about my heart is that I've always been overweight. I'm active, but overweight. At best, this book's suggestions could help me maintain or improve my circulatory system. At worst, the dietary supplements won't cause me any harm as long as I take them in moderation. I recommend this book.

On page 210 it states CRP should be less than .8 mg/L. Reading through some websites, one is [...] I noticed there are two different types of tests. One is the CRP blood test with a normal range of 1.0 mg/dL or less than 10.0 mg/L and the High -Sensitivity CRP blood test with three separate readings. The low risk is less than 1.0 mg/L, the average risk is 1.0-3.0 mg/L, and high risk is over 3.0 mg/L. I recently took the CRP test through Kaiser and their standard range is 10.0 mg/L or less. Is what I read on page 210 the High -Sensitivity CRP blood test? Seems like it could be. If it is, it is written in error. I sent an email and this was the response: "Thank you for your email. I checked Dr. Sinatra's archive, but was not able to locate any current or past articles dealing with your specific inquiry. I'm

sorry we weren't able to help you, but we will add your inquiry to a list of possible future articles for review by Dr. Sinatra and the editorial staff. If I may be of any further help, please reply to this email. Sincerely, Email Interactive Specialist.

After abusing my circulatory system for many years I started to feel angina in my heart/chest. After 2 weeks of the vitamin regimen the pinching pain is gone--I feel much better. If I had seen a doctor and had insurance maybe I would have been the recipient of a bypass or stent insertions they are in-vogue now-a-days.

I've had a heart attack. I want to take personal responsibility for my health and do all I can to prevent my experience from reoccurring. As I began recovery and started researching the why's of Cardiovascular Disease (CVD), I found there was more I needed to know. Dr. Sinatra's book helped me understand how my body works and what I and my doctor can do to promote healing and restore my health. Dr. Sinatra's book is well written and chocked-full up-to-date information that the reader can use. The resources contained in this book are invaluable. There is hope. GW

This is the best book of several I have. Dr. Sinatra goes over herbs/vitamins which i am very interested in and also how the reverse heart disease. It is up to the person to follow the plan to be successful

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