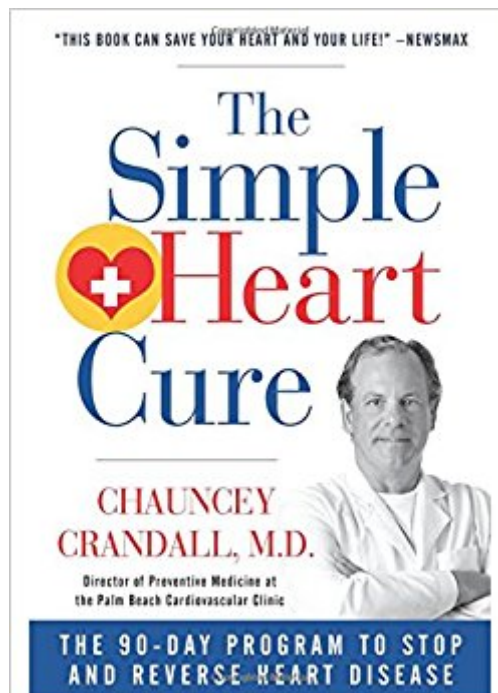




The book was found

The Simple Heart Cure: 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.

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Customer Reviews

By following the advice in Dr. Chauncey Crandall's new book *The Simple Heart Cure*, you can surmount the biggest challenge of all and win your battle against heart disease. --Scott Carpenter, Astronaut, NASA's Mercury Project --This text refers to an out of print or unavailable edition of this title.

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 three-pronged approach to preventing and reversing heart disease an approach honed by his study of foreign cultures that are 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 intervention, 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 to help his patients recover including conventional medicine, emerging treatments, lifestyle changes, and even alternative therapies. 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*, capped by tasty heart-healthy menus and a 90-day, week-by-week plan to help you start taking action immediately --This text refers to an out of print or unavailable edition of this title.

Even if discovering Dr. Crandall's book at just the right moment hadn't rescued me from the depression and bewilderment of my stent event and given me a shining hope and promising path forward, I'd still say read his book! But it did, so I can endorse the advice given wholeheartedly. I'm living his advice right now 9 months after finding myself in the emergency room; 40 lbs lighter, healthier and happier than I've been or felt in way over a decade. His plan is simple and straightforward, lifestyle choices affect our life and he explains how. This particularly helped me,

understanding how it all works for and against us, then in unvarnished terms he explains what to do about it. And if you do it and I did you're on your way all the way back from heart attack, heart disease and it's been wonderful. Living Dr. Crandall's advice and seeing the results has been such an uplifting experience it inspired my better half to create a blog about our journey called "Fix It Plan" (found via google by adding dot com). For me this was not only a life saver but I've got to say again ... a life improver, I'm back and better.

Reading now

It's ok

Good

This book offers a down to earth definition of heart disease, how it can develop, and how it affects the many parts of the body. It also offers an approachable guidance on how to detect heart disease symptoms and how these symptoms may differ between men and women. I highly recommend it to anyone who has experienced a heart attack or to anyone who has loved ones who have experienced a heart attack.

Read this book first before you have the medical guys work you over.

Love this book. I found out that I wasn't dying, I had become lazy and out of shape from retiring and moving to a one floor house. With encouragement from this book, I had some tests, changed my diet, bought a cheap treadmill and a recumbent exercise bike and bringing myself back to life.

This is a great book, written by a cardiologist who is himself a heart patient, following his own advice. His well-organized and clearly written account of all aspects of heart disease was easy to understand, and he includes information on many dietary supplements commonly recommended these days. The dietary advice he gives is doable, not going to the extremes of low-fat as some do, and not insisting on strict vegan.

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