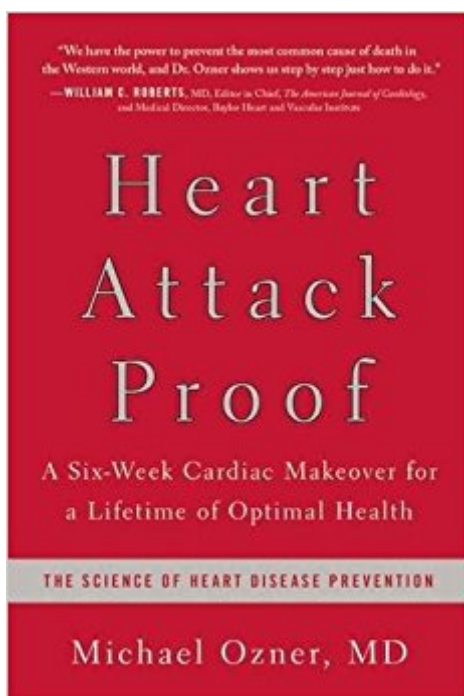


The book was found

Heart Attack Proof: A Six-Week Cardiac Makeover For A Lifetime Of Optimal Health



Synopsis

A combination of the newest blood tests, medications, and nutrition approaches have made coronary heart disease preventable, but for most of us, it's still not a question of if, but when. Renowned and leading preventive cardiologist Michael Ozner says there's no reason to wait until you have a heart attack or stroke. In *Heart Attack Proof*, Dr. Ozner shares the same six-week cardiac makeover to prevent and reverse heart disease he has been successfully giving his patients for more than 25 years. Even if you've been diagnosed with heart disease or have undergone surgery, you can still improve your condition; his easy week-by-week plan arms you with the latest science and research to make you virtually heart attack proof. Learn:

- In Week 1: What new blood tests can uncover hidden risks and save your life
- In Week 2: How to get started on an exercise routine
- In Week 3: Effective ways to manage stress
- In Week 4: Scientifically proven approach to a heart-healthy diet and weight control
- In Week 5: How to treat and reverse the metabolic risk factors
- In Week 6: Which vitamins and supplements are beneficial for cardiovascular health

Complete with checklists to keep you on track and a heart-healthy 7-day meal plan and recipes, *Heart Attack Proof* gives you the toolkit to start your six-week journey toward a heart-healthy life!

Book Information

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Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #411 in Books > Medical

Books > Medicine > Internal Medicine > Pathology > Diseases > Cardiovascular #449

in Books > Medical Books > Medicine > Internal Medicine > Cardiology

Customer Reviews

Read and become *Heart Attack Proof*; the essential guide to achieving immunity from America's number one killer. And, after you finish the book, pass it on to save even more

lives!"; Philip Smith, Editor in Chief, Life Extension Magazine "What distinguishes Heart Attack Proof from similar works in this field is Dr. Ozner's ability to translate sound principles of preventive cardiology into simple, practical, sustainable changes that lead readers to a new normal way of living. Rather than a program built on rigid dietary restrictions and aggressive no pain, no gain exercise recommendations, this book meets individuals where they are and provides step wise options to facilitate successful change." William Cromwell, MD, FAHA, FNLADiplomate, American Board of Clinical Lipidology Chief, Lipoprotein and Metabolic Disorders Institute Adjunct Professor, Hypertension and Vascular Disease Center Wake Forest University School of Medicine

Michael Ozner, MD, FACC, FAHA, is one of America's leading advocates for heart disease prevention. Dr. Ozner is a board-certified cardiologist; a Fellow of the American College of Cardiology and of the American Heart Association; medical director of Wellness & Prevention at Baptist Health South Florida and a well-known regional and national speaker in the field of preventive cardiology. He is the medical director of the Cardiovascular Prevention Institute of South Florida and symposium director for Cardiovascular Disease Prevention, an annual international meeting highlighting advances in preventive cardiology and dedicated to treatment and prevention of heart attack and stroke. Dr. Ozner has frequently appeared in print, radio, and television media including The New York Times and CBS News. He was the recipient of the 2008 American Heart Association Humanitarian Award and has been elected to Top Cardiologists in America by the Consumer Council of America. Dr. Ozner is also the author of the BenBella Books titles The Miami Mediterranean Diet and The Great American Heart Hoax.

I thought the book was terrific! Most people look at HDL, LDL and Triglycerides and the recommended ranges. This book gives you much more insight about information well beyond the basics. You should be concerned with heart and brain attacks, dental health, processed food, types of fat, stress, sleep, weight, diet, sweeteners, red meat and pork, processed meats, Vitamin D levels, Omega-3 fat levels, a mediterranean type diet, cholesterol particle size and quantity, free radicals, antioxidants and more. It's a quick read and shows you what blood test information you should be requesting and what optimal levels would be instead of recommended levels. Everyone can pick up something of great value for your present and future health. A worthwhile investment in your health.

the ideas in this book are good.....used it for my dad after congestive heart failure.....he

improved.....however, as with most of these sort of books there are formulas, repetition and extraneous info.....if you can overlook the distractions, the diet is excellent

This is basically a Mediterranean low calorie diet. There's absolutely nothing new in here. It's healthy and will work, but it's old news in new wrapping.

Lots of information that helps understand how to protect your heart

is people stop bitching look do what the book says BUT ALSO exercise it's simple logic i've lost 80 lbs since i started reading this and i'm NOT starving myself! read this book, follow this to the letter, but also exercise! nothing in life is an easy route life takes work get over it!

Ozner renders a substantial service by thoughtfully combatting our tendency to stick with our unhealthy fat filled western diet with a book filled with 21st century science attesting to the benefits of a plant based diet, a thoroughly balanced approach to becoming heart attack proof, practical easy to follow advice and very helpful (and surprisingly delicious) recipes. If only more people would read his book and follow his advice we'd be a much healthier population and save big dollars in health care costs to boot.

A good read for someone who is interested in preventing a heart attack OR experienced a heart attack and trying to get life back on track. I experienced a heart attack 3 months ago and my cardiologist recommended this book. I found the medical information interesting and written in a way a non-medical person can understand. I have taken many of the suggestions from the book for my recovery. I'm 33 pounds lighter and living well.

Recommended by my cardiologist, written by a colleague of his, not a lot of new information but a lot of good information compiled in one place.

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