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# The Simple Heart Cure: The 90-Day Program to Stop and Reverse Heart Disease

THE 90-DAY PROGRAM TO STOP  
AND REVERSE HEART DISEASE

## The Simple Heart Cure

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"THIS BOOK CAN SAVE YOUR HEART AND YOUR LIFE!" –NEWSMAX

*Par Chauncey Crandall*

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### Description :

Prsentation de l'diteurHeart 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, youll find this top docs 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 programs 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.