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The Simple Heart Cure: The 90-Day Program to Stop and Reverse Heart Disease (Paperback)

By Dr Chauncey Crandall

Humanix Books, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. 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...



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Reviews

Merely no words to clarify. I could comprehend almost everything using this published e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

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