

Before The Heart Attacks: A Revolutionary Approach to Detecting, Preventing and even Reversing Heart Disease

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Abstrak

Standard diagnoses and treatment fail to prevent and predict about 60 per cent of all heart attacks. This approach to preventing and reversing heart disease involves cutting-edge medical tests, followed by individualized treatment plans. The book includes four specific diets which will accommodate the needs of most readers; a variety of exercise programmes, with tips for specific problems; and a thorough discussion of prescription drugs and over-the-counter supplements with an analysis of who will benefit most from which. The "one size fits all" school of treatment is firmly rejected.