

Healthy Heart Handbook: How to prevent and reverse heart disease, lower your risk of heart attack and cancer, reduce stress and lose weight without hunger

Pinckney, Neal, author

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Abstrak

This no-nonsense guide to good cardiac health -- endorsed by Dean Ornish and John McDougall -- teaches how to prevent and reverse heart disease, lower risk of heart attack and cancer, reduce stress and lose weight without hunger. This program not only allowed Dr. Neal Pinckney to survive triple coronary artery disease, but also reversed the condition without surgery. Seventy-six low-fat, quick and easy recipes make the program complete.