

The Great American Heart Hoax: Lifesaving Advice Your Doctor Should Tell You About Heart Disease Prevention (But Probably Never Will)

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Abstrak

Clinical studies show that cardiovascular intervention does not prevent heart attacks or prolong life in stable patients with coronary artery disease . . . so why are more than 1.5 million angioplasties and coronary bypass surgeries done annually in the United States alone? In *The Great American Heart Hoax*, esteemed cardiologist Michael Ozner, author of *The Miami Mediterranean Diet*, reveals groundbreaking truths about what actually helps prevent and reverse heart disease and what isn't worth the money or risk. Discover disturbing realities from a cardiologist about the billion-dollar cardiovascular intervention industry. While a minority of patients may benefit from surgery, Ozner uncovers that the majority can employ much simpler methods, such as diet, exercise and medical therapy, to achieve better results—without stents or surgery. Most important, *The Great American Heart Hoax* provides a 10-step program to improve your heart health and reduce your risk of heart disease.