



What Your Doctor May Not Tell You About Heart Disease: The Revolutionary Book That Reveals the Truth Behind Coronary Illnesses - and How You Can Fight Them

By Mark C. Houston

Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, What Your Doctor May Not Tell You About Heart Disease: The Revolutionary Book That Reveals the Truth Behind Coronary Illnesses - and How You Can Fight Them, Mark C. Houston, Coronary heart disease has long been the number one killer in the West and for decades, we have been told about five basic risk factors: elevated cholesterol, high blood pressure, diabetes, obesity and smoking. But the truth is that heart disease is much more complex-- with close to 400 risk factors! In this innovative guide, Dr. Mark Houston helps readers discover the causes of heart disease, how to prevent and treat its debilitating effects via nutrition, nutritional supplements, exercise and weight management and lays to rest to various myths (cholesterol is not the primary cause) based on scientific studies and medical publications. Readers will also learn how to identify the risk factors most likely to endanger them and construct an arsenal of non-pharmacological preventive strategies that can counteract this most deadly disease.



READ ONLINE
[2.66 MB]

Reviews

Certainly, this is actually the greatest job by any publisher. It is really simplistic but shocks within the 50 % of the pdf. I am just happy to tell you that this is the very best ebook i have read in my own lifestyle and may be he greatest ebook for actually.

-- **Marge Jacobson MD**

This type of pdf is every little thing and helped me searching forward and more. It can be writer in easy words and phrases and never hard to understand. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about should you request me).

-- **Fern Bailey**