



The Heart Revolution (Paperback)

By Kilmer S. McCully, Martha McCully

HarperCollins Publishers Inc, United States, 2000. Paperback. Condition: New. Reprint. Language: English . Brand New Book. A safe, effective, and revolutionary program for lowering homocysteine levels and cutting your risk of heart disease In this groundbreaking book, Dr. Kilmer S. McCully explains what is really behind the epidemic of heart disease. For many years, clogged arteries have been inaccurately viewed as the cause, rather than a symptom, of heart disease. Now, McCully shows you how to cut your risk of heart disease by controlling the real culprit, homocysteine. Considered one of the most significant medical breakthroughs in recent years, McCully s findings have been validated by numerous large-scale studies. The Heart Revolution: Challenges the long-held assumption that lowering cholesterol is the key to preventing heart disease Explains how eating vitamin B-rich food can control homocysteine levels Lays out a plan with menus for putting more B vitamins in our diet Discusses how food processing and additives compromise our health Explains how costly cholesterol-lowering medicines can actually harm our health Eat Your Way to a Healthy Heart Pork Chops with Potatoes and Onions, Veal with Wine and Mushrooms, Guacamole, Omelettes. This is not your typical diet program. Dr. McCully offers real...



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