



Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure

Caldwell B. Esselstyn Jr.

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Prevent and Reverse Heart Disease challenges conventional cardiology by posing a compelling, revolutionary idea—that we can, in fact, abolish the heart disease epidemic in this country by changing our diets. Drawing on the groundbreaking results of his twenty-year nutritional study, Dr. Caldwell B. Esselstyn, Jr., a former surgeon, researcher, and clinician at the Cleveland Clinic, convincingly argues that a plant-based, oil-free diet can not only prevent and stop the progression of heart disease, but also reverse its effects.

Furthermore, it can eliminate the need for expensive and invasive surgical interventions, such as bypass and stents, no matter how far the disease has progressed. Dr. Esselstyn began his research with a group of patients who joined his study after traditional medical procedures to treat their advanced heart disease had failed. Within months of following a plant-based, oil-free diet, their angina symptoms eased, their cholesterol levels dropped significantly, and they experienced a marked improvement in blood flow to the heart. Twenty years later, the majority of Dr. Esselstyn's patients continue to follow his program and remain heart-attack proof.

Prevent and Reverse Heart Disease explains the science behind these dramatic results, and offers readers the same simple, nutrition-based plan that has changed the lives of his patients forever. In addition, Dr. Esselstyn provides more than 150 delicious recipes that he and his wife, Ann Crile Esselstyn, have enjoyed for years and used with their patients. Clearly written and backed by irrefutable scientific evidence, startling photos of angiograms, and inspiring personal stories, *Prevent and Reverse Heart Disease* will empower readers to take charge of their heart health. It is a powerful call for a paradigm shift in heart-disease therapy.

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