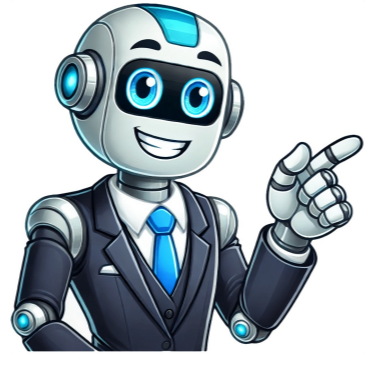


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His focus on the healing powers of proper nutrition on diseased coronary arteries has now proven right, raising another unthinkable notion--that heart patients can cure themselves."--Bernadine Healy, M.D., former Director of the National Institutes of Health "A hard nosed scientist shows us his secrets for successfully cleaning the rusting arteries of so many patients - and it doesn't even hurt."--Mehmet Oz, M.D., coauthor, You: The Owner's Manual"Dr. Caldwell Esselstyn, Jr., is certainly the father (and the mother) of the now proven hypothesis that you can reverse severe arterial disease (including severe disease of the arteries supposed to nourish your heart). He proved that radical changes in diet (and that alone) cause radical changes in the age and disease of your arteries--and that you can make your arteries much younger. So even if you only want to try this plan five days a week this book is a must purchase because of its great recipes that spice low fat plant based food to high taste--you may even want to enjoy (and know I am using that word specifically and as intentionally as the proposal I made to my wife 33 years ago) the recipes all 7 days."--Michael Roizen, M.D., coauthor of YOU: The Owner's Manual and YOU: On A Diet. The Owner's Manual to Waist Management"This powerful program will make you virtually heart-attack proof. Based on decades of research, Dr. Caldwell Esselstyn has shown not only how to prevent heart disease, but how to reverse it-even for people who have been affected for many years. I strongly recommend this important book." --Neal D. Barnard, M.D., President, Physicians Committee for Responsible Medicine, and author of Breaking the Food Seduction"If you have heart disease, this book should be essential reading. It could save your life." --Michael F. Jacobson, Executive Director, Center for Science in the Public Interest "Prevent and Reverse Heart Disease provides a practical approach for people to regain their lost health. Considering the worldwide prevalence of coronary artery disease this book should become the bestseller of all times."--John McDougall, M.D., author of The McDougall Program"Dr. Esselstyn's solution in Prevent and Reverse Heart Disease is as profound as Newton's discovery of gravity. Half of all Americans dying today could have changed their date with the undertaker by following Dr. Esselstyn's plan."--Howard F. Lyman, author of No More Bull! and Mad Cowboy"Dr. Esselstyn's eminently successful arrest-and-reversal therapy for heart disease through patient education and empowerment as the treatment of choice will send shock waves through a mercenary medical system that focuses largely on pills and procedures."--Hans Diehl, Founder & Director of the Coronary Health Improvement Program (CHIP) Caldwell B. Esselstyn, Jr., M.D., was a researcher and clinician at the Cleveland Clinic for more than thirty-five years. In 1991, he served as the president of the American Association of Endocrine Surgeons and organized the first National Conference on the Elimination of Heart Disease. In 2005, he became the first recipient of the Benjamin Spock Award for Compassion in Medicine. Dr. Esselstyn and his wife, Ann Crile Esselstyn, have followed a plant-based diet for more than twenty years. They work together to counsel patients in Cleveland and at the farm in upstate New York where Dr. Esselstyn grew up. 0> Tap to preview This title will be released on . This eBook is no longer available for sale. This eBook is not available in your country. The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart diseaseBased on the groundbreaking results of his twenty-year nutritional study, Prevent and Reverse Heart Disease by Dr. Caldwell Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects. Dr. Esselstyn is an internationally known surgeon, researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary Forks Over Knives. Prevent and Reverse Heart Disease has helped thousands across the country, and is the book behind Bill Clinton's life-changing vegan diet.The proof lies in the incredible outcomes for patients who have followed Dr. Esselstyn's program, including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live. Within months of starting the program, all Dr. Esselstyn's patients began to improve dramatically, and twenty years later, they remain free of symptoms.Complete with more than 150 delicious recipes perfect for a plant-based diet, the national bestseller Prevent and Reverse Heart Disease explains the science behind the simple plan that has drastically changed the lives of heart disease patients forever. It will empower readers and give them the tools to take control of their heart health. Show more Publisher: Published: ; Copyright: ISBN: Edition: Title: Series: Author: Imprint: Language: Number of Pages: [disclaimer] Page count shown is an approximation provided by the publisher. The actual page count will vary based on various factors such your device's screen size and font-size. This eBook is available in file types: This eBook is available in: After you've bought this ebook, you can choose to download either the PDF version or the ePub, or both. 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Dr. Esselstyn argues that conventional cardiology has failed patients by developing treatments that focus only on the symptoms of heart disease, not the cause. Based on the groundbreaking results of his 20-year nutritional study--the longest study of its kind ever conducted--this book explains, with irrefutable scientific evidence, how we can end the heart disease epidemic in this country forever by changing what we eat. Here, Dr. Esselstyn 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. The proof is in the results. The patients in Dr. Esselstyn's initial study came to him with advanced coronary artery disease. Despite the aggressive treatment they received, among them bypasses and angioplasties, 5 of the original group were told by their cardiologists they had less than a year to live. Within months on Dr. Esselstyn's program, their cholesterol levels, angina symptoms, and blood flow improved dramatically. Twelve years later 17 compliant patients had no further cardiac events. Adherent patients survived beyond twenty years free of symptoms. \*Drop in cholesterol levels:\*After 5 years on Dr. Esselstyn's plant-based diet, the average total cholesterol levels of his research group dropped from 246 milligrams per deciliter to 137 mg/dL (Above 240 mg/dL is considered "high risk," below 150 mg/dL is the total cholesterol level seen in cultures where heart disease is essentially nonexistent.) This is the most profound drop in cholesterol ever documented in the medical literature in a study of this type. \*Cardiac events:\*The 17 patients in the study had 49 cardiac events in the years leading up to the study, and had undergone aggressive treatment procedures. Several had multiple bypass operations. After beginning the eating plan, there were no more cardiac events in the group within a 12-year period. \*Angiogram evidence:\* Angiograms taken of the participants in the study show a widening of the coronary arteries, and thus a reversal of the disease. \*PREVENT AND REVERSE HEART DISEASE\*offers readers the same simple, nutrition-based plan that dramatically changed the lives of his patients forever. With this eating plan, sufferers of heart disease will maintain cholesterol levels low enough to ensure that they will never have a heart attack. Best of all, the book offers more than 150 delicious recipes that Dr. Esselstyn and his wife, Ann Crile Esselstyn, have developed over the years --showing readers how easy it is to enjoy their new way of eating. 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Three Case Reports Experimental and Clinical Cardiology, July 2014 Vol 20 issue 7, page 1901 Is the Present Therapy for Coronary Artery Disease the Radical Mastectomy of the Twenty-First Century?The Am J Cardiol. 2010; 106: 902-904 A Strategy to Arrest and Reverse Coronary Artery Disease: A 5-Year Longitudinal Study of a Single Physician's Practice Esselstyn CB Jr. et al: The Journal of Family Practice 1995 December; 41(6): 560-68 Updating a 12-Year Experience With Arrest and Reversal Therapy for Coronary Heart Disease (An Overdue Requiem for Palliative Cardiology) Esselstyn CB Jr. The Am J of Cardiology 1999 August 1; 84:339-34 Resolving the Coronary Artery Disease Epidemic through Plant-Based Nutrition (with photos of disease reversal) Esselstyn CB Jr. Preventive Cardiology 2001;4: 171-177 In Cholesterol Lowering, Moderation Kills Esselstyn CB Jr. Cleve Clinic J of Med 2000 August; 67 (8): 560-564 Selected Articles: Beyond Surgery Presidential Address Esselstyn CB Jr. Surgery Dec 1991; 110(6): 923-27 More Than Coronary Artery Disease Esselstyn CB Jr. : The Am J of Cardiology 1998 November 26; 82 (10B):5T-9T Changing the Treatment Paradigm for Coronary Artery Disease Esselstyn CB Jr.: The Am J of Cardiology 1998 November 26; 82(10B): 1T-4T Reflections: How to Keep David Letterman (and yourself) Off the Operating Table A Revolution to Restore America's Health Huffington Post Interview with Dr. Esselstyn The Collapse of Cardiology: A Time to Rejoice? 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