

[PDF] Prevent And Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure

Caldwell B. Esselstyn Jr. - pdf download free book



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Description:

Review "One of the most outstanding projects in health research of the past century. It's relevant, it's caring, it's innovative, it's extremely well executed and it's very, very useful."

—T. Colin Campbell, Ph.D., author of *The China Study*

"Dr. Caldwell Esselstyn has directed pioneering research demonstrating that the progression of even severe coronary heart disease can often be reversed by making comprehensive change in diet and lifestyle."

—Dean Ornish, M.D, founder, president and director of Preventive Medicine Research Institute and author of *Dr. Dean Ornish's Program for Reversing Heart Disease*

"I highly recommend Dr. Esselstyn's book."

—Kathy Freston, author of *Veganist*

"Dr. Esselstyn has always been ahead of his time. 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)

About the Author 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. --This text refers to the edition.

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