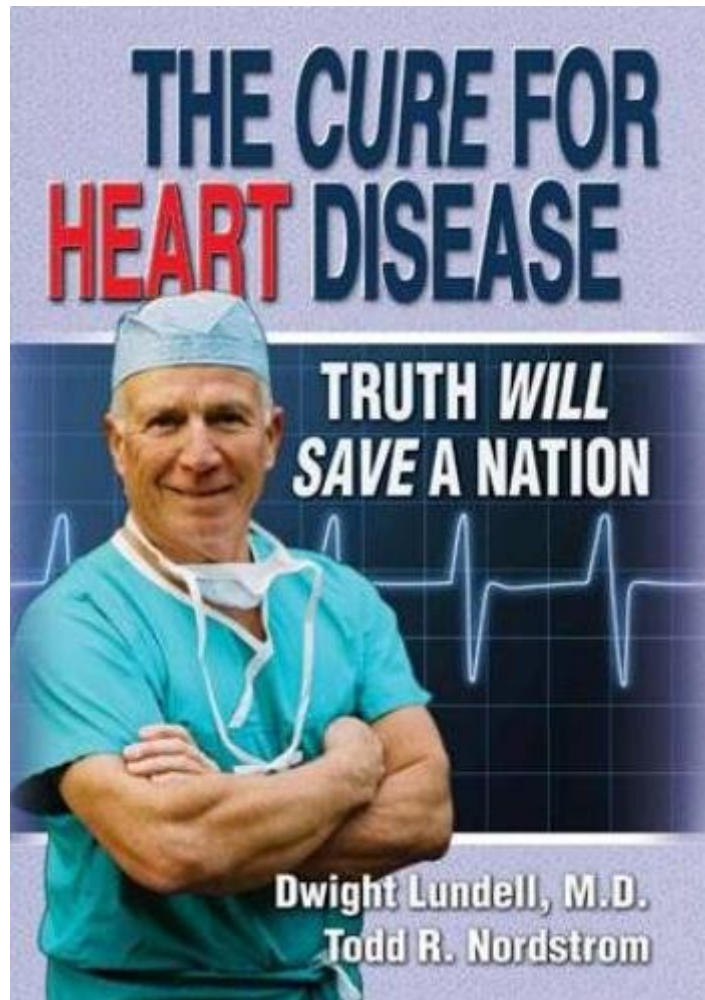




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The Cure For Heart Disease: Truth Will Save A Nation



Synopsis

The Cure for Heart Disease, although written in everyday language, is different than every other book exploring the number one killer of Americans. A riveting yet straight forward discussion that challenges public consensus, explains the reasons for the epidemic of heart disease, and provides an easy to follow guide to eliminate heart disease and reduce the risk of heart attack and other debilitating diseases.

Book Information

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Customer Reviews

Easy, practical, and relevant reading. Dr. Lyndell discusses inflammation in the body and how it affects our overall health. I like the scientific evidence of how our diet affects all the cells of our body and how changing our diet can improve our heart health and overall health. Dr. Lundell states over and over that his book is not another weight loss diet but a book on how to reduce inflammation. Anyone that is serious about their health and willing to make life long changes to the way they live and eat will not be disappointed with Dr. Lundell's book.

Very interesting read.

Great book if you want to try to live healthier and avoid a heart attack. I bought two and gave one to my brother who has had several bypass surgeries.

This book is a great guide to leading a healthy life. It's an easy read and has a simple strategy that is easy to follow.

Hopefully more physicians will begin to embrace the concept of wellness instead of sickness. Too many people are suffering from disease that is self inflicted.

Very educational Frank and transparent view on the use of unnecessary drugs.

Before I could even finish it I had to buy another to pass on to a friend. It was nice to get some facts from a DR whocan see the truths that have taken our population to the wrong side of health. I am trying to incorporate many of the suggestions Dr. Lundell has suggested.

It is refreshing to read something that makes sense using basic logic. It is written in plain english; very easy to understand. The author explains the biology of our body in elementary language. I will definately be "taking to heart" what is outlined in this book. A must read for yourself and for those you care about. I will be passing this knowledge along. I highly recommend this book...it is worth every penny, and then some.

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