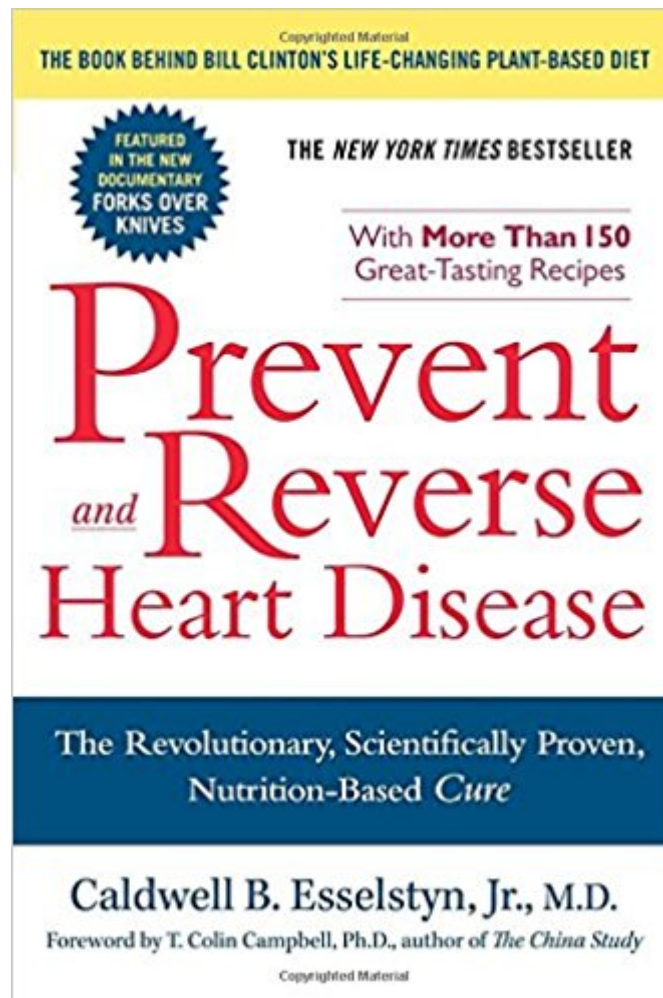




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Prevent And Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure



Synopsis

The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart disease. Based 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.

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Customer Reviews

"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)

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 book saved my life. I accidentally stumbled upon Dr. Esselstyn's research and recommendations when I was bed ridden with severe blood pressure which was getting worse by the day and I knew that it was just a matter of limited time before I expire. I was 52 years old then. I started the change recommended here in this book. Today, I am on no medicine today. I have lost 18 kgs but the most important fact is that my body composition report says 18% total fat, 9 % visceral fat, and 30 years internal ageing - consistently. These facts do not lie so anyone with heart problem, close your eyes and embrace Dr. Esselstyn's wisdom. I am not particularly religious but I would still say " God Bless Him " !

This is my first review on .I just turned 51. I have exercised since our first gym membership in 1978. I have worked out extensively. I have 2 bikes I ride regularly. I have a gym in my garage, with pull-up tower and padded floor and TV/DVD player. I have eaten what I thought was a healthy diet. Take vitamins every day. In other words, I was in pretty good shape and thought I was OK. On April 8, 2013, I had just finished exercising. I felt like I really needed to eat. Ate some greek yogurt and strawberries. Still didn't feel right. I laid down with a fan blowing on me. I felt overheated. I noticed a slight numbness in my left arm. Strange. Swallowed an aspirin. Noticed my arm was a little more numb. Chewed an aspirin. Then, I thought to myself "If I don't get off of the floor, I may never get up". Told my wife to take me to the new heart hospital, conveniently located about 1 1/2 miles from my house.45 minutes after walking into the ER, I was being wheeled into my room with 2 stents

installed. Wake up call. The Cardiologist said that in my main artery, towards the center of my chest, I had 100% blockage. He cleared that and put in a stent. Then, below that blockage was a 70% blockage. Cleared and stent. In the other main artery, on the other side of my heart, there is 50% blockage. He can't put in a stent because it's too dangerous. Have to clear it with diet. I tell you all of this to give you the back-story. I went to and looked for books on cardiovascular disease. I found this book. My wife and I read the reviews and decided to give it a try. The results have been amazing! Today, we have been on a plant-based diet for 4 weeks. A lot of these reviews will tell you to just try it for a month. Good advice. Just do that and see what happens. Here are my cholesterol numbers. My numbers from the first day at the hospital are 4/08/13. Last week, after 3 weeks of the plant diet, I had my blood tested again. That was 5/28/13. Total Cholesterol- was 271, now 120, should be under 200, or 150 to be heart attack proof. LDL or bad cholesterol- was 206, now 68, should be under 100. Cholesterol/HDL ratio was 5.2, now 3.2, Men: 5.0 is average. Triglycerides- was 81, now 90, should be under 150. I have lost 11 pounds in 4 weeks. My wife has lost 8 pounds. She has had IBS all of her life. Since we started the plant eating lifestyle, she doesn't have stomach aches anymore. She used to have them all the time. Our energy levels have never been better. My mind is sharper than ever. You feel so much better, lighter, cleaner. It's hard to describe. Now, after a night's sleep, we wake up feeling like we slept, instead of waking up tired. A friend of mine watched the Forks Over Knives documentary with his parents and they all decided to try it. His Dad has been diabetic for a long time. At the start of the plant diet, his blood sugar was 253. After one week of plant eating he dropped 120 points! Last week, after 2 weeks of plants, his blood sugar was 96! He has never had it that low. Get the book. Read it. Watch Forks Over Knives. Follow the guidelines. Tell your friends. It works Yesterday my Cardiologist said that I am doing so great that he doesn't need to see me for 6 months! I hope this helps you with your decision. Todd

My husband who has barely ever touched a vegetable is now eating a variety of fresh veggies salads and actually enjoying them. My daughter calls it a "Christmas Miracle" as a result of reading this book.

Doctor Esselstyn is a leader in the fight against obesity. His straight forward approach is a clear message to all people fit or obese that there has to be a change in the manner in which humans receive their nourishment. We have long been lead down the wrong road towards proper health and wellbeing by both the food industry and our own government agencies. Read Prevent and Reverse Heart Disease and live a long life.

I don't have heart disease, nor does anyone in my family. I bought this, however, because it has so much great health info that protects against a wide range of chronic "lifestyle" diseases. Dr. Esselstyn is so knowledgeable and presents the information in a plain and accessible way. Also, the recipes included are wonderful. Highly recommend!

If you have health concerns or are concerned that other family member had/have health issues this book and "The China Study" is a must read. These are "the real deal" and not pop science, not based on fads, not written by crackpots or wanna be experts. Both books are based on believable clinical studies. Both books have made a tremendous beneficial effect upon my health. Seller's description was accurate - shipped quickly and was reasonably priced.

Five stars from me for critical information, recipes, and value. I've gone plant based since my doc decided he wanted to put me on a statin. I told him I wanted to research statins before I agreed to take his prescription. It didn't take much research to realize that one of the last things I would take is a statin. I suggest you do your own research concerning this scary med. I decided to change my diet to correct the high cholesterol. My doc said that I couldn't correct the problem via diet because I can't lower my age. Mmmm. So does that mean that everyone my age who has elevated cholesterol levels needs to take a statin? I certainly hope not -- because the side effects of statins are dangerous. Again, do your own research. Using the information in Prevent and Reverse Heart Disease, I now eat a plant-based diet, which I've been on for a couple of months now. My rule of thumb is this: If it had a mother and a father (beef, chicken, turkey, fish, etc.), I don't eat it. If it came from something that had a mother and a father (eggs, cows'/goats' milk, etc), I don't eat it. Again, do your own research. Since I've been eating plant-based foods only -- and there's a LOT to choose from -- my blood pressure has dropped, I've lost about 14 pounds, I sleep far more soundly, my thinking is clearer, I have more energy, etc. I will have to have a blood draw to check my cholesterol levels, but my guess is that it's down too. **BOTTOM LINE:** Buy this book. It could improve your health. **UPDATE:** I've now lost 20 pounds, and another blood draw revealed that my cholesterol level has dropped 30 points. My doc now says to keep doing whatever I'm doing. Bravo for plant-based eating!

Great System. I've been following the guidelines offered in this book for healthy eating, and all of my blood-level numbers have been great

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