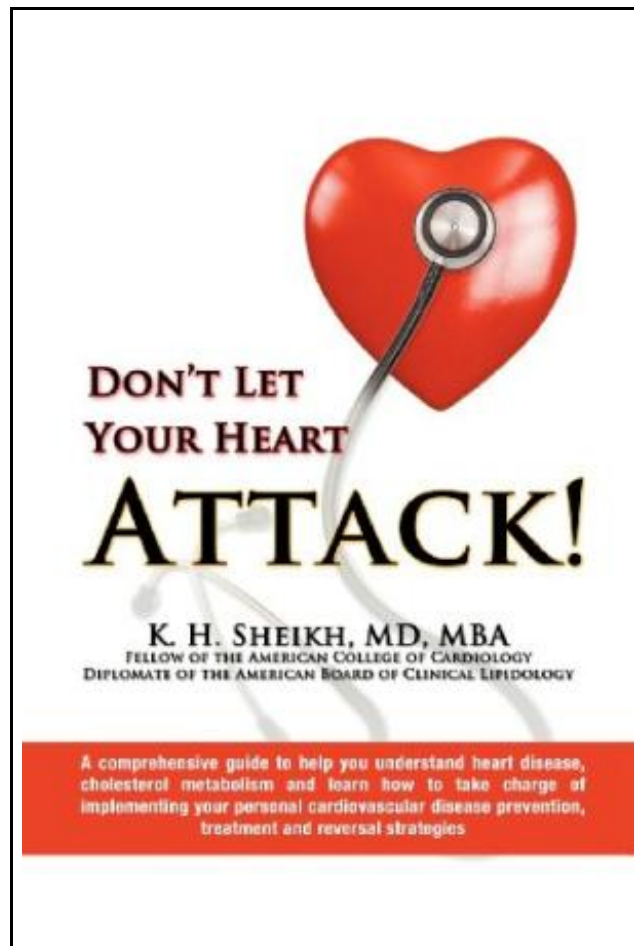


# Don't Let Your Heart Attack! a Comprehensive Guide to Help You Understand Heart Disease, Cholesterol Metabolism and How to Take Charge of Implementing Your Personal Cardiovascular Disease Prevention, Treatment and Reversal Strategies



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(Jaeden Stiedemann Sr.)*


## **DON'T LET YOUR HEART ATTACK! A COMPREHENSIVE GUIDE TO HELP YOU UNDERSTAND HEART DISEASE, CHOLESTEROL METABOLISM AND HOW TO TAKE CHARGE OF IMPLEMENTING YOUR PERSONAL CARDIOVASCULAR DISEASE PREVENTION, TREATMENT AND REVERSAL STRATEGIES**




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Khalid Sheikh an Imprint of Telemachus Press, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.K. H. Sheikh, MD, MBA Fellow of the American College of Cardiology Diplomate of the American Board of Clinical Lipidology Heart disease caused by atherosclerosis affects 17 million Americans. Nearly 1.5 million Americans have heart attacks each year, 2 million undergo angioplasty, stent or bypass procedures and 700,000 die annually from heart disease. An additional 100 million Americans are at-risk for heart disease on the basis of having abnormalities in blood cholesterol. However, with the proper knowledge and tools, in nearly all instances heart disease can be prevented in those that don't yet have it, and reversed in those that already do. The U.S. national guidelines for the assessment of cardiovascular risk are valuable from the standpoint of public health policy, but in no way insure that on an individualized basis, you will get the best care. To do this requires you acquire the knowledge about what causes heart disease, understand the tools to diagnose and treat heart disease and then partner with your health care provider to develop your personalized plan to manage your heart risk. This book will give you the knowledge and tools to do exactly this. There is abundant scientific evidence that heart disease is almost completely preventable, controllable and even reversible by changes in diet and lifestyle. Heart disease is caused by atherosclerosis, the process by which fat deposits develop inside the arteries of our circulation system. Atherosclerosis is much more complicated than the common misperception that it simply involves clogging of the arteries with cholesterol. By understanding what factors promote atherosclerosis, and assessing your specific and personalized risk profile, you can initiate steps to not...

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