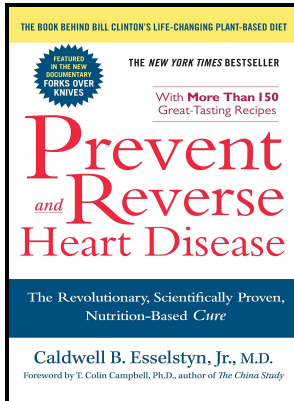


Prevent and reverse heart disease - the revolutionary, scientifically proven, nutrition-based cure

Avery - Prevent and Reverse Heart Disease book by Caldwell B. Esselstyn Jr.



Description: -

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Nutrition

Vegetarian cookery

Coronary heart disease -- Prevention Prevent and reverse heart disease - the revolutionary, scientifically proven, nutrition-based cure

-Prevent and reverse heart disease - the revolutionary, scientifically proven, nutrition-based cure

Notes: Includes bibliographical references and index.

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Tags: #Prevent #and #Reverse #Heart #Disease #by #Caldwell #B. #Esselstyn

Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven ...

A well balanced diet without sugars, very limited Wheat products and small portion sizes, exercise, balanced fluid intake , no smoking or tobacco products and very light drinking is the only way to survive to death which by the way is 10 out of 10 for all. Doctors now want to install stents and put me on blood thinners.

All You Like

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Prevent and Reverse Heart Disease : The Revolutionary, Scientifically Proven, Nutrition

I was lbs now 195.

Prevent and Reverse Heart Disease book by Caldwell B. Esselstyn Jr.

All of his seminars are free.

9781583333006: Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition

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. The last two years I became a Vegan and a big part of it was from reading this book.

All You Like

It could save your life. Written by a cardiologist who has been eating like this for 20 years and who has patient profiles supporting this way of life,

this book is believable and real.

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