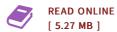




Syndrome X, the Silent Killer: The Silent Killer: the New Heart Disease Risk

By REAVEN

SIMON SCHUSTER, United States, 2001. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Is Your So-Called Good Diet Slowly Killing You? If you have Syndrome X -- and 60 to 75 million Americans do -- the widely recommended lowfat, high-carbohydrate diet may be the surest route to a heart attack. Now, Gerald Reaven, M.D., the pioneering Stanford University doctor who discovered Syndrome X, explains why: Even if your total cholesterol level is perfect, it may not shield you from a heart attack. Carbohydrates can be just as harmful as red meat or butter. A diet high in good fats (as much as 40 percent of calories) is actually better for you. The Zone diet, the Atkins diet, and the American Heart Association diet can each be dangerous under certain conditions. The failure of insulin, the body s sugar cop, to process blood sugar is the key to Syndrome X. The Syndrome X diet and exercise program will keep you healthy and protect your heart even if you do not suffer from insulin resistance. Tested in carefully controlled research settings and in practice, the Syndrome X program is safe, effective, and...



Reviews

The most effective publication i ever read through. I could possibly comprehended almost everything using this composed e pdf. I am very easily could get a enjoyment of reading through a composed pdf.

-- Opal Bauch V

Very good eBook and beneficial one. It generally is not going to price a lot of. I discovered this ebook from my i and dad advised this book to learn.

-- Tyrel Bartell

Related PDFs



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Fun to Learn Bible Lessons Preschool 20 Easy to Use Programs Vol 1 by Nancy Paulson 1993 Paperback Book Condition: Brand New. Book Condition: Brand New.



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



My Friend Has Down's Syndrome

Barron's Educational Series Inc., U.S. Paperback. Book Condition: new. BRAND NEW, My Friend Has Down's Syndrome, Jennifer Moore-Mallinos, Younger children are normally puzzled when they encounter other kids who suffer from Down's Syndrome. Here is a heartwarming and reassuring story of how an...



The Kid Friendly ADHD and Autism Cookbook The Ultimate Guide to the Gluten Free Casein Free Diet by Pamela J Compart and Dana Laake 2006 Hardcover

Book Condition: Brand New. Book Condition: Brand New.



Because It Is Bitter, and Because It Is My Heart (Plume)

Plume. PAPERBACK. Book Condition: New. 0452265819 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!!!! * I am a reputable...