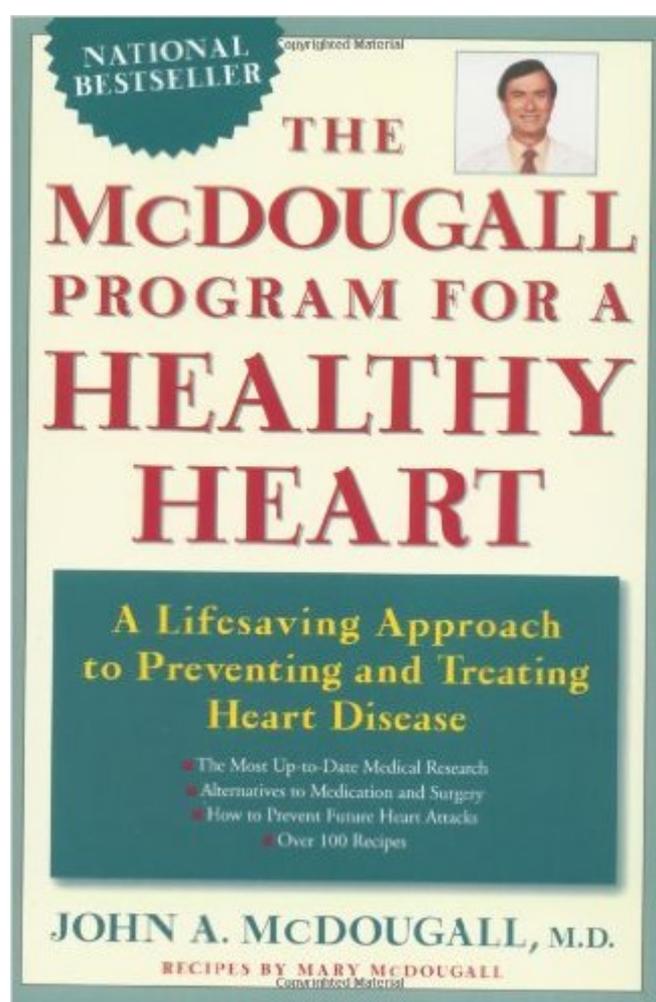


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# The McDougall Program For A Healthy Heart: A Life-Saving Approach To Preventing And Treating Heart Disease



## Synopsis

Self-Help/Reference Large Print Edition Nationally known for his breakthrough approach to diet as a means to treat and prevent heart disease, Dr. McDougall teaches cardiac patients a revolutionary new way of living, and The McDougall Program for a Healthy Heart offers readers the same sound advice that thousands of people have learned through his clinical practice at St. Helena Hospital in California. The most up-to-date and useful guide to reversing and preventing heart disease, The McDougall Program for a Healthy Heart includes: a full menu plan with over 100 recipes an exercise program with attainable goals methods of stress reduction and lifestyle changes cardiac medical tests and what they mean by-pass surgery yes or no? And if the answer is yes, how to select the best surgeon and hospital. A lifesaver for patients who have already been diagnosed with heart disease, the McDougall program is just as valuable as a guide for prevention.

## Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #192,182 in Books (See Top 100 in Books) #140 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#)

## Customer Reviews

What's the number one killer in America? AIDS? Diabetes? Cancer? America's big killer is heart disease. In the United States, over 1.25 million heart attacks occur each year. To make matters worse many of those who suffer such attacks die before they reach a hospital. According to McDougall, "The cause of the most common form of heart disease is blockage of the arteries that supply the heart muscle. The blockages, results of the condition known as atherosclerosis, are caused by plaques forming along the internal walls of the arteries. Eating rich foods loaded with cholesterol and fats leads to the formation of these plaques. Heredity is also a factor, but should not be over emphasized because at least half the American population is susceptible. Besides, you can do nothing about changing your heredity."But there is a lot you can change--and McDougall shows

you what and how. He answers all your questions, and most importantly, he backs up his statements with a stack of references to the medical literature. And unlike angioplasty and bypass surgery which are temporary, short-term relief measures (at best), McDougall provides long-term solutions that remove the cause allowing your body to reverse blockages, and for those without blockages--how to prevent them. His primary emphasis is on a zero cholesterol, very low fat, plant based diet. The book is fairly complete, includes answers to all your frequently asked questions, includes an abundance of tasty recipes, and explains many things your doctor hasn't told you (in most cases because he does not know). As a former professor in Internal Medicine at Univ. Hawaii Medical School Dr. McDougall does. If Americans followed the advice in this book there would be little or no heart disease in this country.

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