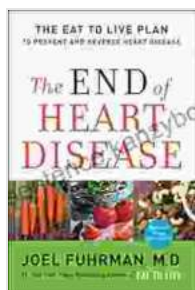


The End of Heart Disease

Discover the Revolutionary Discovery That's Ending Heart Disease

Heart disease is the number one killer in the world. It claims the lives of millions of people every year, and it's a major cause of disability and suffering. But what if I told you that heart disease is preventable and reversible? What if I told you that there's a new approach to heart health that can help you live a longer, healthier life?

In his groundbreaking book, *The End of Heart Disease*, Dr. Caldwell Esselstyn reveals the shocking truth about heart disease and offers a revolutionary new approach to preventing and reversing it. Dr. Esselstyn has spent decades studying the causes of heart disease, and he has discovered that the traditional approach to heart health is all wrong.



The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease (Eat for Life)

by Joel Fuhrman

★★★★☆ 4.6 out of 5

Language : English
File size : 8583 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 434 pages



The traditional approach to heart health focuses on lowering cholesterol. But as Dr. Esselstyn shows, cholesterol is not the cause of heart disease. In fact, cholesterol is essential for good health. The real cause of heart disease is inflammation. Inflammation is a natural process that helps the body heal from injury. But when inflammation becomes chronic, it can damage the arteries and lead to heart disease.

Dr. Esselstyn's revolutionary new approach to heart health focuses on reducing inflammation. He has developed a plant-based diet that is specifically designed to reduce inflammation and promote heart health. This diet is rich in fruits, vegetables, and whole grains, and it is low in saturated fat, cholesterol, and sodium.

Dr. Esselstyn's plant-based diet has been shown to be effective in preventing and reversing heart disease. In a study of over 2,000 people with heart disease, Dr. Esselstyn found that those who followed his diet experienced a 98% reduction in their risk of heart attack and stroke. And in a study of over 1,000 people with advanced heart disease, Dr. Esselstyn found that those who followed his diet experienced a 70% reduction in their risk of death from heart disease.

The End of Heart Disease is a must-read for anyone who wants to live a longer, healthier life. Dr. Esselstyn's revolutionary new approach to heart health can help you prevent and reverse heart disease, and it can help you achieve optimal health.

Here's what people are saying about *The End of Heart Disease*:

"Dr. Esselstyn's book is a game-changer. It's the most important book on heart health that I've ever read." - Dean Ornish, MD, author of *Dr. Dean*

Ornish's Program for Reversing Heart Disease

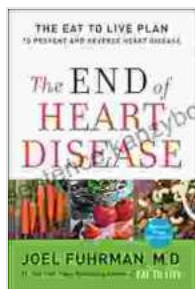
"Dr. Esselstyn's research is groundbreaking. His book is a must-read for anyone who wants to prevent or reverse heart disease." - T. Colin Campbell, PhD, author of *The China Study*

"Dr. Esselstyn's book is a beacon of hope for anyone who has been told that they have heart disease. His revolutionary new approach to heart health can help you reclaim your health and live a longer, healthier life." - Joel Fuhrman, MD, author of *Eat to Live*

Free Download your copy of *The End of Heart Disease* today!

You can Free Download your copy of *The End of Heart Disease* from Our Book Library, Barnes & Noble, or your favorite bookstore. You can also Free Download a signed copy directly from Dr. Esselstyn's website.

Don't wait another day to take control of your heart health. Free Download your copy of *The End of Heart Disease* today!



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