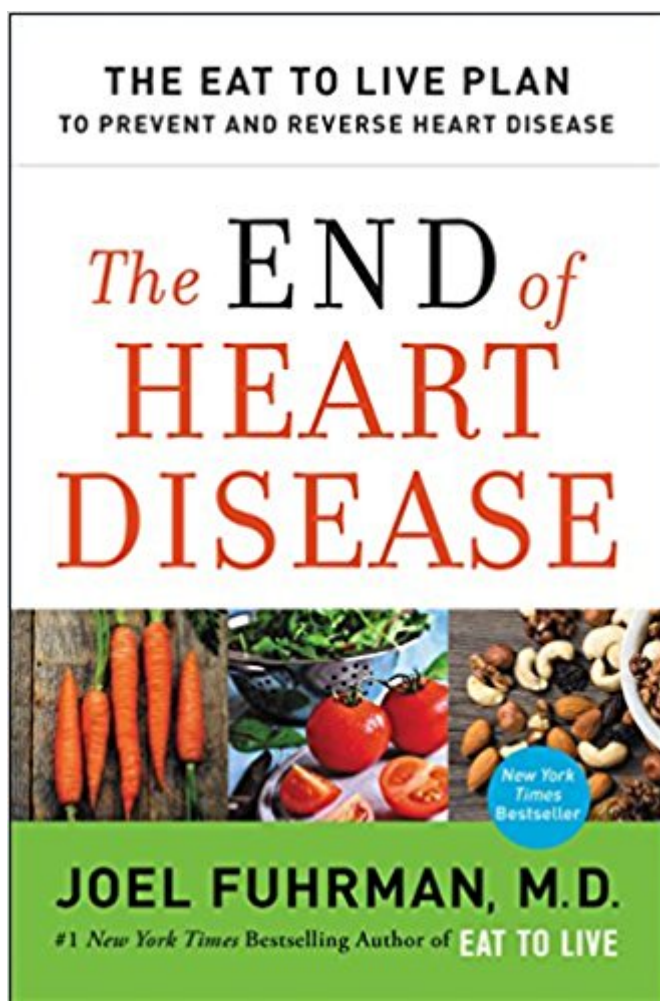


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# The End Of Heart Disease: The Eat To Live Plan To Prevent And Reverse Heart Disease



## Synopsis

Instant New York Times Bestseller Joel Fuhrman, M.D., the New York Times bestselling author of *Eat to Live*, *Eat to Live Cookbook*, *Super Immunity*, *The End of Diabetes*, and *The End of Dieting*, presents a scientifically proven, practical program to prevent and reverse heart disease—coinciding with the author’s new medical study. Heart disease and strokes are the leading cause of death in the United States—but it isn’t inevitable. The cure for America’s most lethal killer doesn’t require expensive medications or rounds of invasive surgery. In fact 99 percent of heart disease-related deaths are entirely preventable with diet and nutrition. The cure for reversing heart disease is as simple as changing the food we eat. One of our country’s leading experts in both preventive medicine and the science of food, Dr. Fuhrman speaks directly to readers everywhere who want to take control of their health and avoid taking medication or undergoing complicated, expensive, unnecessary, and often ineffective procedures or surgery. He asserts that the public is rarely informed by their doctors of the most effective options for treating high blood pressure, high cholesterol, and heart disease. Nor are we provided an accurate evaluation of the true health risks from commonly prescribed drugs. Given this lack of vital information, how can we possibly make an intelligent and informed choice regarding a pill, procedure, or change in diet? Grounded in the latest scientific research and Dr. Fuhrman’s twenty-five years of clinical experience treating heart disease, *The End of Heart Disease* shows us how we can significantly lower cholesterol and blood pressure, reduce weight, heal obstructive coronary artery disease, and even eradicate advanced heart disease—all without the need for dangerous procedures like angioplasty or bypass surgery. Dr. Fuhrman shows us how to eat for optimal heart health, with a range of options for differing needs and conditions. He provides detailed menu plans and delicious recipes for heart-healthy meals and snacks and includes helpful questions for doctors and patients.

## Book Information

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## Customer Reviews

“In the End of Heart Disease, Dr. Fuhrman lays out the science of ending and reversing heart disease using the most powerful drug on the planet; food. (Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, Pritzker Foundation Chair in Functional Medicine, author of the New York Times bestseller, Eat Fat Get Thin)”

The End of Heart Disease

Heart disease is the leading cause of death in the United States today—but it isn't inevitable. In fact, at least ninety percent of heart disease-related deaths are entirely preventable. The cure for America's most lethal killer doesn't require expensive, confusing, and life-altering medications or rounds of invasive and ultimately ineffective surgery. The truth is heart disease can be reversed; it is not a natural consequence of aging; nor does it have to take away from your quality of life. In *The End of Heart Disease*, Joel Fuhrman, M.D., a board-certified physician and #1 New York Times bestselling author of *Eat to Live* and *The End of Dieting*, shows how you can prevent and reverse heart disease and its related symptoms with his revolutionary—both safe and proven—Nutritarian plan. Grounded in the latest scientific research and Dr. Fuhrman's twenty-five years of clinical experience treating heart disease, the program radically lowers cholesterol and blood pressure, reduces your weight, heals obstructive coronary artery disease, and can even eradicate advanced heart disease—all without the need for dangerous procedures like angioplasty or bypass surgery. In addition, you'll enjoy a complete meal plan filled with a variety of delicious food options. Eat better. End heart disease.

Radically Lower Your Risk of Heart Disease and Make It Nearly Impossible to Have a Heart Attack—No Drugs or Medication Required

The End of Heart Disease will:

- Lower and normalize your blood pressure and LDL cholesterol
- Lower your weight, body fat, and resolve diabetes (type 2)
- Improve your immune function, lowering the risk of infection and cancer
- Maintain your youthful vigor as you age, and help you age more slowly

“Dr. Fuhrman lays out the science of ending and reversing heart disease using the most powerful drug

on the planet: food. A whole-food, predominately plant-based diet works faster and better—and is cheaper—than any currently available treatments. If you have a heart, read this book!

•Mark Hyman, M.D., New York Times bestselling author and director of the Cleveland Clinic Center for Functional Medicine—“This empowering plan will protect and strengthen your heart and transform your overall health. I have often relied on Dr. Fuhrman’s wisdom, and now you can too.”

•Neal D. Barnard, M.D., FACC, New York Times bestselling author, adjunct associate professor of medicine at George Washington University, and president of the Physicians Committee for Responsible Medicine—“Dr. Fuhrman lays out how a healthy diet can not only be cheaper and safer than pills and procedures for heart disease and high blood pressure but also, critically, more effective.”

•Michael Greger, M.D., FACLM, founder of NutritionFacts.org and New York Times bestselling author of How Not to Die—“Lifestyle medicine is the most important and fastest-growing trend in health care today. In this important book, Dr. Joel Fuhrman describes why.”

•Dean Ornish, M.D., founder and president of the Preventive Medicine Research Institute, clinical professor of medicine at UCSF, and New York Times bestselling author

There is a LOT to absorb in THE END OF HEART DISEASE. This is a well-written, practical discussion about the biggest killer in our society, and concrete steps you can start taking right away to keep yourself from becoming the next victim. Here’s a sobering thought: “Cardiac patients typically worsen and usually die of heart disease despite the finest medical management.” I definitely do NOT like the sound of that quote from Dr. Fuhrman. Dr. Fuhrman begins this book by explaining the impact of heart disease in our society. More people die of heart disease than all the cancers combined. The cost to society is astronomical, and yet most people wait for the symptoms to happen, and then treat the problem with drugs. In a recent year, \$320 billion dollars were spent on cardiovascular disease. Dr. Fuhrman notes that the total lifetime cost to treat a person with CAD (Coronary Artery Disease) is nearly \$1,000,000! The author is emphatic that physicians have a moral obligation to explain to patients that there is a LOT that one can do to greatly lessen the risk of heart disease. If you wait until you have the symptoms, it will be FAR more costly to treat, and far less effective. Yes, there are drugs that can lessen blood pressure and other important metrics, but these drugs will not actually cure your disease—just help in keeping in under control. The good news, the doctor explains, is that with substantive dietary changes, you can drastically cut your risk. Not down to zero, of course, but much lower risk. He cites numerous studies that have focused on certain foods, and their contribution to preventing heart disease. There is a TON of scientific

evidence that demonstrate the value of eating certain foods, and avoiding others. The key to the food selection, Dr. Fuhrman explains, is selecting foods that have high nutritional value for the calories. This number is called the "ANDI," which stands for Aggregate Nutrient Density Index. The foods with the highest index are certain vegetables that provide monstrous nutrition, and yet few calories. Foods like collard greens or watercress. At the other end of the spectrum, having a soda gives ZERO nutrition per a ton of calories. (For those curious readers, the second worst was Apple Pie.) The book provides 2 weeks of detailed meal plans. A big requirement is to have 1 meal a day consist of a big salad. In fact, the doctor admonishes the reader to make a written commitment to eat that big salad, and post it on the fridge door. Importantly, you will be drastically cutting down on animal products--eating only a few ounces per meal at most. This is going to be tough! Several of the photos shown are my own "sticky notes" to help me change my eating habits. The author cautions that these dietary changes will take time--it will not be trivial, and it will likely take months for your taste buds to adjust to a lower intake of sweeteners. After your taste buds readjust, however, you will be pleasantly surprised at the mild tastes you've been missing. I am entirely convinced by the doctor's scientific research and recommendations. However, I think this will be tough for me (and I bet other people as well.) Cutting out almost all meat will be a big hurdle for me, as will the one-salad-a-day regiment. Nevertheless, I am committed to doing this. Just today, in the company cafeteria, I had a big green salad for lunch, with lots of the veggies the doctor recommends. I put chia seeds on top, along with berries and other fresh fruit. I even passed on the tasty ice cream bar within easy reach. Although you can zip through this book pretty quickly, it will take time to absorb the information--there are a lot of facts and figures to think about. I found it helpful to jot down important "action items" that I plan to take. For example, I have a personal goal to make a big salad for lunch, and add more berries and seeds to my diet. (Some of these seeds, I confess I have NEVER once tried.) I found THE END OF HEART DISEASE to be a serious work with deadly serious implications. The scientific evidence is overwhelming that dietary changes can drastically lower my risk of heart disease. Therefore, I have started making changes to my diet TODAY as a direct result of reading this book. This is going to be difficult for me to do, but I'm on my way to protecting my health. I bet that after reading this book, most readers will begin their journey as well. Sample copy courtesy of Edelweiss Book Distributors

I've been following Dr. Fuhrman since 2011, I have read all of his books, they are all great. This way of eating is the only way to protect yourself not only from Heart Disease but Cancer and Diabetes as well. If I can do it anyone can, you need to take control of your life, Dr. Fuhrman can lead you to

water but you have to drink, You need to commit yourself to this way of eating for life. There are millions of recipes on the web as well as Dr. Fuhrman's web site. Lots and Lots of taste Plant based foods. Always make the Salad the main Dish, as Dr. Fuhrman says., all in all this is a Great Book, do as it says and beat the diseases of the Standard American Diet. I don't miss Meat at all, as I have cut it entirely out of my diet.

This is an outstanding read and I learned some new things I didn't know before even after reading his previous "Eat To Live" book four years ago and also other books by other authors. Perhaps he goes a bit overboard on the drugs are ineffective idea. Personally, I don't see anyone out there eating this type of diet and I don't know of anyone who's had a cardiovascular event, so clearly the drugs must be working. I don't like the treat the symptom drug approach and opted for this lifestyle over 4 years ago and have been in perfect health without medication ever since. I'm staying with it for the long haul!

First, I have most of Dr. Fuhrman's books, including his book on fasting, Eat to Live, End of Diabetes and The End of Heart Disease (EOHD), and, have several of his videos. I've also read books by other doctors who write in this genre including McDougall, Kahn, Esselstyn, etc. Issues: page 12 of EOHD asks any doctors, researchers, etc., who find conflicting information or evidence to contact Dr. Fuhrman. Fast forward and Dr. Fuhrman notes, on page 188, there has not been any diet with 'animal proteins' that has been proven to reverse heart (vascular) disease (CVD). Not true...Dr. K Lance Gould has multiple publications objectively demonstrating through PET scans the reversal of CVD through a diet which includes animal proteins. Gould worked with Dean Ornish on the very early cutting edge reversal of CVD through non-invasive measures, but, as he writes in his book felt Ornish's approach was too high in starchy carbs and felt vegetables, lean proteins and fruits (in that order) should be the lead foods for heart patients. In fact, one of Gould's early patients--Al Weatherhead--passed away only a few years ago after being given a death sentence in the 80s. Dr. William Davis has published, in PubMed, research showing his diet, which includes animal protein, the reversal of CVD \_AND\_ coronary calcification. In his book, Track Your Plaque, and, website Curereality, Davis also cites patients who have reversed their calcium score from the thousands to the hundreds. (As a side note, a cardiologist in Dallas, TX, in the 1990s, was sending his patients to a nutritionist, Cliff Sheats. The MD noted his patients had seen 100% reversal of CVD via Sheats' diet.) Third, Dr. Fuhrman advises against (or limiting) potatoes, however, they're included

in Dr. Esselstyn's diet--which is advocated by Dr. Joel Kahn (a cardiologist and reviewer of Dr. Fuhrman's book. So, which is it...potato? Or no. And, I'm not aware of rampant levels of heart disease in societies where potatoes are a prime part of their diet? Even in the section on Dr. Esselstyn's diet, he doesn't fully address this. Fourth, Dr. Fuhrman works or appears with Dr. Mark Hyman who wrote Eat Fat, Get Thin. Hyman advocates moderate/low amounts of animal proteins, Saturated Fats, etc. Again, confusing since their approaches are opposite. Will continue to read the book, and, try to reach Dr. Fuhrman to provide the references regarding Gould and Davis.

I would tell everyone to read Dr. Fuhrman. You may never see a hospital again.. Really he is a Doctor that knows what he is talking about and he truly cares whether his patients get well. Rare in this world of what is in it for me attitude. Well worth the read.

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