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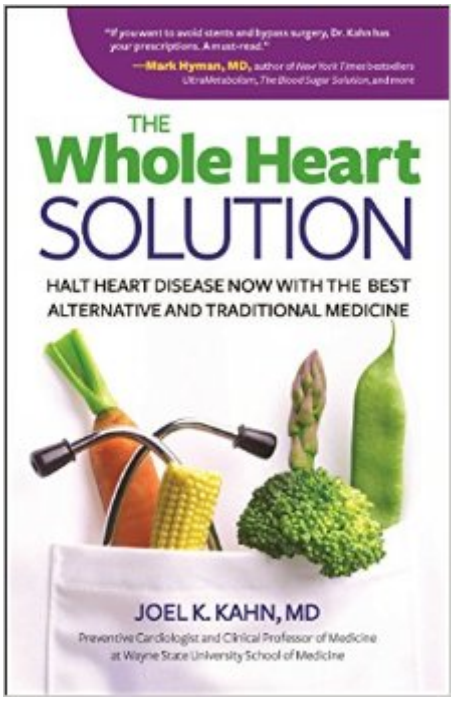
The Whole Heart Solution: Halt Heart Disease Now With The Best Alternative And Traditional Medicine



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Synopsis

In The Whole Heart Solution, Americaâ ™s Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right awayâ ”from drinking your veggies to opening your windows to walking barefootâ ”to make yourself heart attack proof.Cardiovascular disease (CV) is the number one killer in the Western world. But it doesnâ ™t need to be. The truth is that more than 75 percent of cases of heart attacks, strokes, and other cardiovascular disease events are preventable. In The Whole Heart Solution, Americaâ ™s Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right awayâ ”from drinking your veggies to opening your windows to walking barefootâ ”to make yourself heart attack proof. Hereâ ™s what leading physicians and other experts have to say about The Whole Heart Solution: â œIf you want to raise your heart energy, keep your heart arteries clean, and identify the root causes of heart disease to avoid stents and bypass surgery, Dr. Kahn has your prescriptions ready to use. This is a unique manual of caring for your heart by taking out the bad stuff and putting in the good stuff. A must-read.â • --Mark Hyman, MD, New York Times bestselling author of UltraMetabolism, Blood Sugar Solution and others â œCoronary artery disease and heart attacks are avoidable through superior nutrition. Dr. Kahn can lead the way to change the face of cardiology in America.â • --Joel Fuhrman, MD, New York Times bestselling author of Eat to Live, The End of Diabetes and others, Board Certified Family physician, Research Director of the Nutritional Research Foundation â œThis is an important book that everyone needs to read. Dr. Kahn is an expert at translating complex information into easy-to-understand, usable techniques to have a better heart and brain.â • --Daniel G. Amen, MD, New York Times bestselling author of Change Your Brain, Change Your Life and others "Heart disease is mostly preventable, and if we all took a page from Dr. Joel Kahn, America would be a whole lot healthier and happier." --Jason Wachob, founder and CEO, MindBodyGreen.com â œDr. Joel Kahn has a national reputation as one of the top cardiologists in the US. [His book] will be a tremendous asset to patients, their families and physicians.â • --Mark Houston, MD, MS, Director, Hypertension Institute and Vascular Biology of Nashville, TN, and author of What Your Doctor May Not Tell You about Heart Disease â œThe heart can be strengthened in so many ways without surgery. Doctors need to be champions of real health, food-based health, fitness-based health. I know champions and Dr. Kahn is a champion.â • --John Salley, four-time NBA champion â œDr. Joel Kahn is aâ ‖leader in the cardiology world in recognizing the importance of food and lifestyle for heart conditions. His book will be a winner for all involved.â • --Neal D. Barnard, MD, Adjunct Associate Professor of Medicine at George Washington University School of Medicine and bestselling author of Dr. Neal Barnard's Program for

Reversing Diabetes â œThe Whole Heart Solution by Dr. Joel Kahn is an enlightened comprehensive examination by a dedicated physician as well as a treasure chest of opportunities to enhance a full and healthy life.â • --Caldwell B. Esselstyn, Jr., M.D., author of Prevent and Reverse Heart Disease

Book Information

Hardcover: 320 pages

Publisher: Reader's Digest; 1 edition (September 16, 2014)

Language: English

ISBN-10: 1621451437

ISBN-13: 978-1621451433

Product Dimensions: 6.2 x 1.3 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

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Customer Reviews

I ordered "The Whole Heart Solution" by Joel K Kahn after flipping through a few pages in Barnes&Nobles. 5 minutes was all it took to realize that the book holds immense value for those who want to take steps towards a healthy heart. The book is divided in two parts. The first part talks about the heart related facts, functions, importance, what usually goes wrong and how easily. Part two offers simple and easily actionable recommendations in logically organized chapters to halt and reverse heart conditions.Though the real value of the book is in part two, it is part one which helps create a sense of urgency and forces the reader to seriously follow the prescriptions given. One thing which the book might have done without is talking about brand names of mixers and blenders (chapter 7), simply to avoid any unnecessary perceptions of the author having an interest in these companies.My personal experience:The day I read this book, I decided to improve the eating habits of my family. As a start, I offered veg noodle soup to my kids. It was shocking to see the kids making a fuss about the "green stuff" in their soup. Was an eye opener for me.Post that, we have been following various suggestions in the book and have seen definite improvements in our eating habits, activity level and general well being. The few things we have adopted in the last 3 months:A.

Stopped getting processed canned food and replaced them with fresh fruits and vegetables.B. Increased juice intake - carrot, pomegranate, orange are some of our favorite.C. Cut down on eating out.D. Started practicing regular yoga. Sun salutation is our favorite. We use "Simply yoga" ios app.E.

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