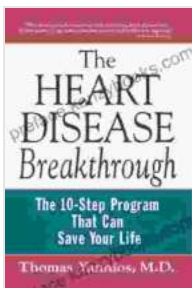


What Even Your Doctor Doesn't Know About Preventing Heart Attacks

Heart disease is the leading cause of death in the United States. Every year, more than 600,000 people die from heart attacks. That's more than the number of people who die from cancer, stroke, and Alzheimer's disease combined.



The Heart Disease Breakthrough: What Even Your Doctor Doesn't Know about Preventing a Heart Attack

by Thomas Yannios

★★★★☆ 4.4 out of 5

Language : English
File size : 2683 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 281 pages



The good news is that heart disease is preventable. In fact, you can reduce your risk of having a heart attack by up to 80% by making simple changes to your lifestyle.

But what are those changes? And how do you know if you're at risk for heart disease?

That's where this book comes in.

In this book, Dr. Steven Gundry, a world-renowned cardiologist, shares his insights into what really causes heart attacks and what you can do to protect yourself.

Dr. Gundry has spent decades researching the latest advances in heart disease prevention. He has published over 100 peer-reviewed studies on the topic. And he has helped thousands of patients prevent and reverse heart disease.

In this book, Dr. Gundry will teach you about:

- The real causes of heart attacks
- The myths about heart disease
- The simple lifestyle changes you can make to reduce your risk of heart disease
- The latest advances in heart disease prevention

If you're serious about preventing heart attacks, this book is a must-read.

Free Download your copy today.

How to Prevent Heart Failure

Ways to reduce the risk of developing heart failure

Lifestyle Factors

Regular physical activity



Healthy weight



No smoking



Healthy eating



Medical Conditions

Treat high blood pressure



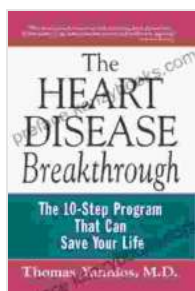
Control diabetes



Maintain healthy cholesterol levels



Take heart protective medication as prescribed



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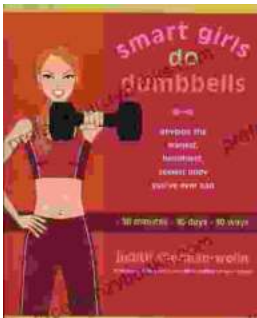
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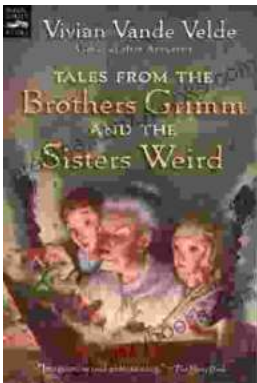
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