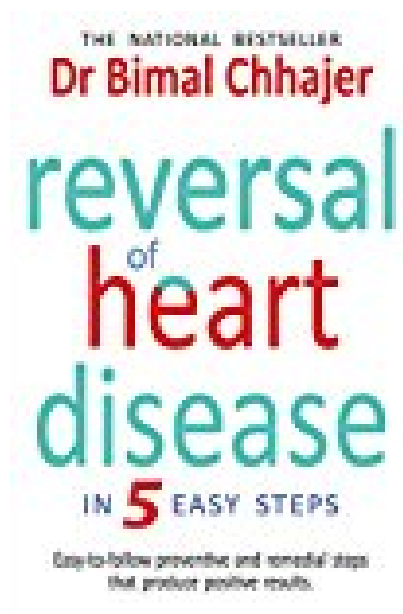


Reversal of Heart Disease in 5 Easy Steps



BOOK DETAILS

- Author : Dr. Bimal Chhajjer
- Pages : Pages
- Publisher : Full Circle Publishing Ltd
- Language : English
- ISBN : 8176211311

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BOOK SYNOPSIS

The Ornish Diet has been named the “#1 best diet for heart disease” by U.S. News & World Report for seven consecutive years! Dr. Dean Ornish is the first clinician to offer documented proof that heart disease can be halted, or even reversed, simply by changing your lifestyle. Based on his internationally acclaimed scientific study, which has now been ongoing for years, Dr. Ornish's program has yielded amazing results. Participants reduced or discontinued medications; their chest pain diminished or disappeared; they felt more energetic, happy, and calm; they lost weight while eating more; and blockages in coronary arteries were actually reduced. In his breakthrough book, Dr. Ornish presents this and other dramatic evidence and guides you, step-by-step, through the extraordinary Opening Your Heart program, which is winning landmark approval from America's health insurers. The program takes you beyond the purely physical side of health care to include the psychological, emotional and spiritual aspects so vital to healing. This book represents the best modern medicine has to offer. It can inspire you to open your heart to a longer, better, happier life.

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