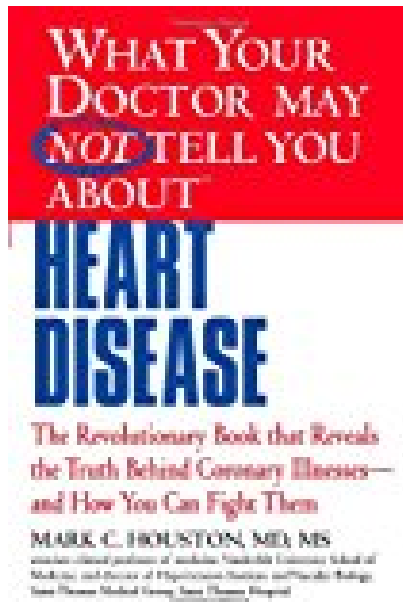


# What Your Doctor May Not Tell You about Heart Disease

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## BOOK DETAILS

- Author : Mark Houston
- Pages : 320 Pages
- Publisher : Grand Central Life & Style
- Language : English
- ISBN : 1609412540

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## **BOOK SYNOPSIS**

Coronary heart disease has long been the number one killer in this country, and for decades, we have been told about five basic risk factors: elevated cholesterol, high blood pressure, diabetes, obesity, and smoking. But the truth is that heart disease is much more complex-- with close to 400 risk factors! In this innovative guide, Dr. Mark Houston helps readers discover the causes of heart disease, how to prevent and treat its debilitating effects via nutrition, nutritional supplements, exercise, weight management, and lays to rest to various myths (cholesterol is not the primary cause) based on scientific studies and medical publications. Readers will also learn how to indentify the risk factors most likely to endager them and construct an arsenal of non-pharmacological preventitive strategies that can counteract this most deadly disease.

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