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Beat the Heart Attack Gene

By Bradley Bale, Amy Doneen, Lisa Collier Cool

Turner Publishing Company. Hardback. Book Condition: new. BRAND NEW, Beat the Heart Attack Gene, Bradley Bale, Amy Doneen, Lisa Collier Cool, A revolutionary, personalized guide to preventing heart disease based on genetic factors Heart disease is the #1 cause of death in America. It affects 81 million Americans and is the culprit in one of every two deaths in the United States. Most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors. The good news is that with the right information and strategies, heart attacks are preventable--even if heart disease runs in the family. In "Beat the Heart Attack Gene," world-renowned cardiovascular specialists Bradley Bale, MD and Amy Doneen, ARNP, present a new model for understanding and preventing heart disease. They explain the three different genetic types of cholesterol profiles and tailor treatments for each type, using their cutting-edge Bale/Doneen Method, a simple, comprehensive prevention plan that detects cardiovascular disease (CVD) at early stages. "Beat the Heart Attack Gene" includes easy quizzes and self-tests that show how to determine cholesterol genotype as well as advice for how to apply...



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Reviews

The book is fantastic and great. It is filled with wisdom and knowledge I am just easily will get a enjoyment of looking at a composed publication.

-- **Bradley Hahn**

This ebook is definitely not straightforward to start on looking at but really enjoyable to learn. It usually will not charge excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Karianne Deckow**