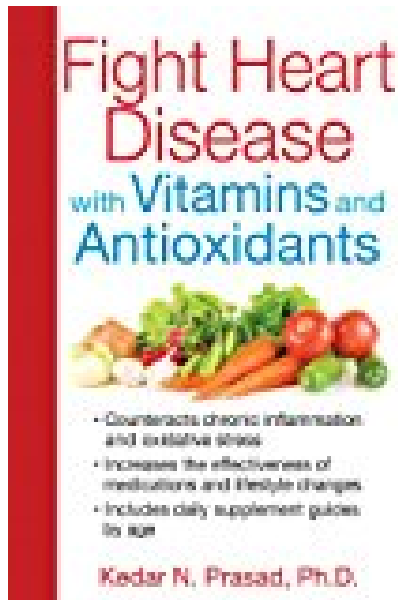


Fight Heart Disease with Vitamins and Antioxidants



BOOK DETAILS

- Author : Kedar N. Prasad Ph.D.
- Pages : 240 Pages
- Publisher : Healing Arts Press
- Language : English
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BOOK SYNOPSIS

The most complete and up-to-date resource on the powerful benefits of micronutrients for heart disease prevention and treatment • Provides an easy-to-follow program of nutritional supplements to halt the progression of heart disease and prevent its onset despite family history • Shows how merely changing your diet and activity level cannot fully counteract the chronic inflammation and free radical damage at the source of heart disease • Debunks flawed conclusions of the medical community that show vitamins and antioxidants to be ineffective for treatment of heart disease and high blood pressure In this practical scientific guide, leading researcher in cancer, heart disease, and diabetes prevention Kedar N. Prasad, Ph.D., reveals the latest revolutionary discoveries on the use of antioxidants and micronutrients to treat heart disease. He details how the proper combinations of vitamin and antioxidant supplements can greatly increase the effectiveness of standard medical treatments for heart disease as well as help balance cholesterol levels and blood pressure, minimize plaque and clot formation, reduce angina and atherosclerosis, and prevent onset of heart disease despite family history. Prasad shows how chronic inflammation, oxidative stress, homocysteine levels, and free radical damage are the chief culprits in the progression of heart disease and that merely changing your diet and activity level and regulating cholesterol and blood pressure cannot fully counteract an unhealthy internal state. He provides an easy-to-follow daily supplement regime for multiple age groups to target free radical damage and cell injury and stop the progression of heart disease and its related complications. Sharing the scientific data on familial heart disease and antioxidant use, he debunks the flawed conclusions of the medical community that vitamins and antioxidants are ineffective for heart disease, revealing how their studies focused on specific micronutrients rather than synergistic combinations. Offering the missing complement to the standard care of medications, diet, exercise, and lifestyle changes promoted by mainstream medicine, this guide provides a powerful approach to heart disease prevention, treatment, and care.

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