



The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke

John Cooke MD Ph.D., Judith Zimmer

Download now

[Click here](#) if your download doesn't start automatically

The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke

John Cooke MD Ph.D., Judith Zimmer

The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke

John Cooke MD Ph.D., Judith Zimmer

The Cardiovascular Cure offers a groundbreaking approach to preventing heart attack and stroke by enhancing your body's own natural defenses. Dr. John Cooke, head of Stanford Medical School's vascular unit, has devised a powerful new method for fighting cardiovascular disease without bypass surgery or angioplasty. Drawing on his own investigations, as well as Nobel Prize-winning research from a team of American scientists, Dr. Cooke provides heart patients with a diet, supplement, and exercise program that will help them feel better in as little as two weeks. His program also works to prevent heart disease in those at risk.

In 1998, the Nobel Prize in Physiology or Medicine was awarded for the discovery of EDRF (endothelium-derived relaxing factor), a chemical produced in the lining of the blood vessels, which keeps them free of plaque. Dr. Cooke and other investigators have found that specific nutrients can enhance EDRF production and improve blood flow in people with high cholesterol, high blood pressure, diabetes, or other risk factors for heart disease.

This potentially life-saving book shows how anyone can achieve healthier blood vessels (the key to preventing heart disease). A two-week menu plan contains recipes that emphasize EDRF-enhancing foods, and there is detailed information on supplemental nutrients and vitamins that are useful in strengthening the cardiovascular system. Recipes from breakfast (Banana Date-Nut Bread; Blueberry Oat Pancakes; Pineapple Ginger or Tropical Smoothies; Pumpkin Muffins) to dinner (Moroccan Red Snapper; Chicken Wrap with Refried Beans; Soy-Glazed Salmon; Turkey Meatloaf) feature healthy fats found in fish, nuts, and olive oil. There is also welcome news that red wine and chocolate can be good for you (there are recipes for Double Chocolate Cake and Chocolate Raspberry Surprise).

The exercise program consists of the same therapeutic plans Dr. Cooke has prescribed for even his most severely ill patients, many of whom begin to walk and even exercise more vigorously without pain after two weeks. In addition, there are aerobic workouts designed for more active patients. Dr. Cooke also provides state-of-the-art information (pro and con) on conventional drugs—from aspirin to beta blockers—and medical tests and procedures to further combat cardiovascular disease.

With an introduction by Sir John Vane, a Nobel Prize-winning cardiovascular scientist, this book will provide anyone concerned about his or her cardiovascular health with new hope for a pain-free, disease-free life.

 [Download The Cardiovascular Cure: How to Strengthen Your Se ...pdf](#)

 [Read Online The Cardiovascular Cure: How to Strengthen Your ...pdf](#)

Download and Read Free Online The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke John Cooke MD Ph.D., Judith Zimmer

From reader reviews:

Marian Jackson:

This book untitled The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke to be one of several books that will best seller in this year, honestly, that is because when you read this reserve you can get a lot of benefit into it. You will easily to buy that book in the book retail outlet or you can order it by using online. The publisher on this book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Touch screen phone. So there is no reason for you to past this guide from your list.

Darrell Guess:

Reading a guide tends to be new life style within this era globalization. With reading you can get a lot of information that can give you benefit in your life. Having book everyone in this world can share their idea. Publications can also inspire a lot of people. A great deal of author can inspire all their reader with their story as well as their experience. Not only the storyplot that share in the guides. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on this planet always try to improve their expertise in writing, they also doing some analysis before they write to their book. One of them is this The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke.

Frank Johnson:

A lot of e-book has printed but it differs from the others. You can get it by online on social media. You can choose the very best book for you, science, comic, novel, or whatever simply by searching from it. It is called of book The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke. You'll be able to your knowledge by it. Without leaving the printed book, it might add your knowledge and make you actually happier to read. It is most essential that, you must aware about book. It can bring you from one destination for a other place.

John Gravatt:

Reading a guide make you to get more knowledge from that. You can take knowledge and information from your book. Book is composed or printed or created from each source that filled update of news. In this particular modern era like right now, many ways to get information are available for you actually. From media social similar to newspaper, magazines, science book, encyclopedia, reference book, story and comic. You can add your knowledge by that book. Ready to spend your spare time to spread out your book? Or just looking for the The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke when you necessary it?

**Download and Read Online The Cardiovascular Cure: How to
Strengthen Your Self Defense Against Heart Attack and Stroke
John Cooke MD Ph.D., Judith Zimmer #QE07HCOGZ8J**

Read The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke by John Cooke MD Ph.D., Judith Zimmer for online ebook

The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke by John Cooke MD Ph.D., Judith Zimmer Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke by John Cooke MD Ph.D., Judith Zimmer books to read online.

Online The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke by John Cooke MD Ph.D., Judith Zimmer ebook PDF download

The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke by John Cooke MD Ph.D., Judith Zimmer Doc

The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke by John Cooke MD Ph.D., Judith Zimmer Mobipocket

The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke by John Cooke MD Ph.D., Judith Zimmer EPub