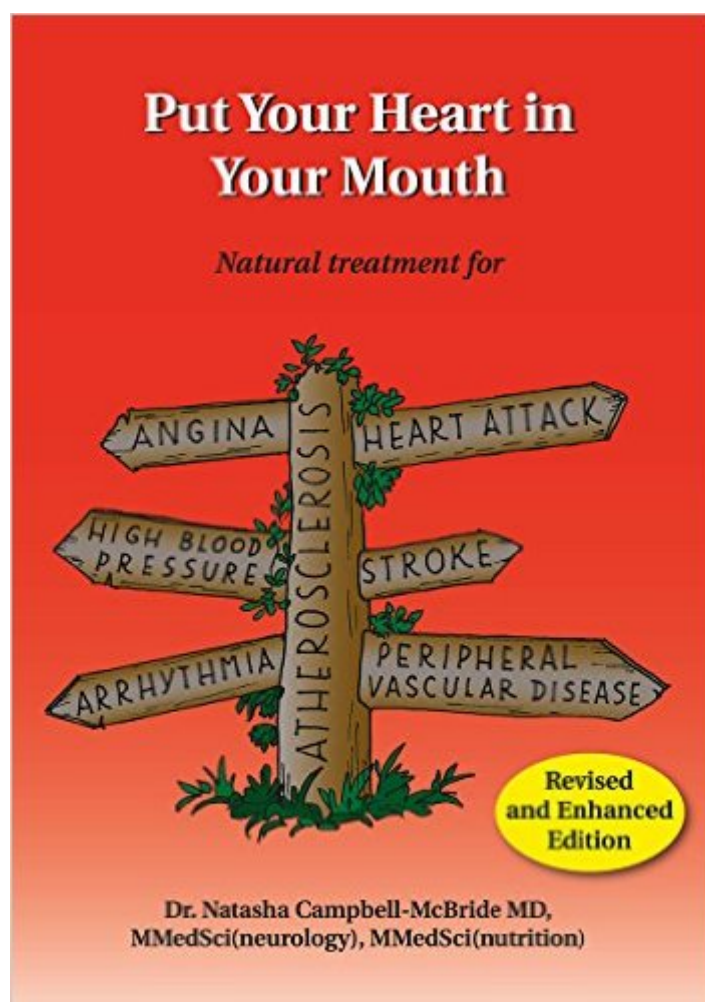


The book was found

Put Your Heart In Your Mouth: Natural Treatment For Atherosclerosis, Angina, Heart Attack, High Blood Pressure, Stroke, Arrhythmia, Peripheral Vascular Disease





Synopsis

If you stop any person on the street and ask them what causes heart disease, you know what their answer will be: butter and eggs, meat and fat. This infamous Diet-Heart Hypothesis was proposed in 1953, and it took scientists all over the world a few decades to prove it wrong. The trouble is that while science was beginning to cast doubt upon its basic tenets, the Diet-Heart Hypothesis was giving rise to a powerful and wealthy political and commercial machine with a vested interest in promoting itâ •by means of anti-fat and anti-cholesterol propaganda presented relentlessly and with increasing intensity. In this book Dr. Campbell-McBride tackles the subject of CHD (Coronary Heart Disease), caused by atherosclerosis, a disease of the arterial wall that leads to narrowing and obstruction of the arteries. She maintains that conventional medicine does not actually know the cause of atherosclerosis or how to cure it, and explores in this book what it is, what causes it, and how to prevent and reverse it. She dispels the myth of the Diet-Heart Hypothesis, and explains that cholesterol is not the enemy but an integral and important part of our cell membranes.

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Customer Reviews

This is a book after my own heart! Natasha Campbell-McBride is a Russian-born doctor living now in London, who in my view is one of the few who understands the causes of our modern diseases and how to avoid/cure them by means of nutrition and healthy living as a whole. In this book she tackles the subject of CHD (Coronary Heart Disease). She tells us this is caused by atherosclerosis, which is "a disease of the arterial wall that leads to narrowing and obstruction of the artery". CHD is our number one killer. Its two major forms are angina pectoris and myocardial infarction (heart

attack). Angina pectoris develops when the space inside the coronary artery is narrowed but not closed up. A heart attack occurs when "the coronary artery closes up completely and the blood supply to the heart muscle stops". The author states that conventional medicine does not know the cause of atherosclerosis or how to cure it. She explains in this book what it is and what really causes it, and also how to prevent and reverse it. She dispels the myth of the "diet-heart hypothesis", and explains that cholesterol is not the enemy but an "integral and very important part of our cell membranes". The diet-heart hypothesis stated that dietary fats, including cholesterol, cause heart disease and by avoiding these foods we can avoid developing heart disease. Ancel Keys, who put forward this hypothesis back in 1953, used completely faulty "evidence" and selective data to "prove" his point. In subsequent studies, data that did not support the hypothesis were ignored and the data that did were "inflated and advertised". Honest studies from different countries have proved the hypothesis to be completely erroneous.

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