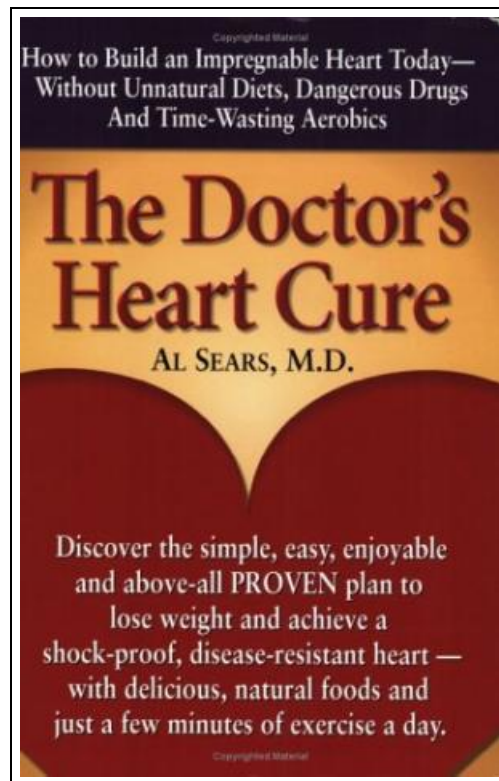


The Doctors Heart Cure: Beyond the Modern Myths of Diet and Exercise: The Clinically-Proven Plan of Breakthrough Health Secr



Filesize: 7.39 MB

Reviews

This publication will never be straightforward to get going on looking at but really fun to see. This can be for all those who statte that there had not been a worth looking at. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about should you request me).

(Cale Hansen Sr.)

THE DOCTORS HEART CURE: BEYOND THE MODERN MYTHS OF DIET AND EXERCISE: THE CLINICALLY-PROVEN PLAN OF BREAKTHROUGH HEALTH SECR

[DOWNLOAD](#)

Dragon Door Publications. Paperback. Condition: New. 320 pages. Dimensions: 8.9in. x 6.0in. x 0.7in. Would you like to save yourself the indignity, inconvenience and foul taste of modern diet fads? Are you sick and tired of frittering away your money on heart medications that leave you feeling more wretched than ever? Do you spend frequent, precious hours jogging or pounding away at the gym? And despite all of this effort, are you still fatter and weaker than you want to be? Then it's time to abandon the Modern Gospel of low-fat food and long-duration exercise as a path to heart health. We need the very opposite, says Al Sears, M. D. in *The Doctors Heart Cure*. According to Dr. Sears, heart disease continues to be America's biggest killer and obesity has reached epidemic proportions because of the fad for low-fat diets and despite aerobics. Your heart's salvation lies in reengineering the diet and exercise habits of our hunter-gatherer ancestors to fit our modern culture. What does this entail? To build a strong and resilient heart, says Dr. Sears, engage in brief, explosive bouts of intense exercise. Consume a diet rich in high quality fat, pasture-fed meat, free-range dairy, wild-caught fish and liberal helpings of low-glycemic fruits and vegetables. Avoid grain-based starches as best you can. And take appropriate supplements to counteract the nutritional deficiencies of modern produce. As Director of The Center for Health and Wellness, an integrative medicine and anti-aging clinic in south Florida, Dr. Sears has used this plan to help more than 15,000 patients successfully reverse heart disease, build stronger hearts, manage their weight and abandon their heart medications. In *The Doctors Heart Cure*, for the first time, Dr. Sears reveals his entire, proven program, so you too can safely build an impregnable heart. Discover: Why starches...



[Read *The Doctors Heart Cure: Beyond the Modern Myths of Diet and Exercise: The Clinically-Proven Plan of Breakthrough Health Secr* Online](#)



[Download PDF *The Doctors Heart Cure: Beyond the Modern Myths of Diet and Exercise: The Clinically-Proven Plan of Breakthrough Health Secr*](#)

Related eBooks



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.

[Save Document »](#)



Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.

Book Condition: New. Ships From Canada. New. No dust jacket as issued. Glued binding. 264 p. Contains: Illustrations. Audience: General/trade. Book Info Consumer text of recommendations backed by scientific studies. Discusses diet, allergens, vitamins and...

[Save Document »](#)



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.

[Save Document »](#)



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

[Save Document »](#)



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

[Save Document »](#)

**Now and Then: From Coney Island to Here**

Alfred A. Knopf. Hardcover. Book Condition: New. 0375400621 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good

[Download Document »](#)

**Because It Is Bitter, and Because It Is My Heart (Plume)**

Plume. PAPERBACK. Book Condition: New. 0452265819 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with

[Download Document »](#)

**Johnny Goes to First Grade: Bedtime Stories Book for Children s Age 3-10. (Good Night Bedtime Children s Story Book Collection)**

Createspace, United States, 2013. Paperback. Book Condition: New. Malgorzata Gudziuk (illustrator). Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to ease tension preschoolers have

[Download Document »](#)

**Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and

[Download Document »](#)

**The Pauper & the Banker/Be Good to Your Enemies**

Discovery Publishing Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, The Pauper & the Banker/Be Good to Your Enemies, Discovery Kidz, This book is part of the Aesops Fables (Fun with 2 Stories) Series, titles in

[Download Document »](#)