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Heart Revolution, The

By McCully, Kilmer; McCully, Martha

HarperCol, U.S.A., 1999. Hardcover. Condition: New. Dust Jacket Condition: New. 1st Edition. HarperCol, 1999. Book Condition: New. Unread Copy in Perfect Condition. Summary: The revolutionary new approach to heart disease by a leading authority. Homocysteine is a destructive amino acid that can build up in the blood, leading to arteriosclerosis and a host of other degenerative diseases. B vitamins prevent this buildup, and these are the very nutrients lacking in the average diet. Dr. Kilmer McCully shows why our vitamin-B-depleted food supply -- and not cholesterol -- is the real culprit behind heart disease. In this extraordinary book, he explains the science behind his theories, then lays out a safe, effective plan that shows readers how to: -- Cut their risk of heart attack -- without dangerous cholesterol-lowering drugs-- Stop arteriosclerosis in its tracks -- and perhaps reverse moderate heart disease-- Add B vitamins to their diet, simply and deliciously, thereby lowering homocysteine levels. Dr. McCully's research was initially dismissed by the medical community because it challenged the notion that cholesterol was the major culprit in heart disease. But his findings have now been corroborated by large-scale studies, published in the New England Journal of Medicine and elsewhere.



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