



# Reversing Heart Disease, High Blood Pressure and Blocked Arteries Without Drugs

*Peter Dingle*

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Heart disease is the leading cause of death and a major cause of suffering, with a person dying from heart disease every 10 minutes in Australia. With more than 1,000 scientific references and insights to the most recent medical breakthroughs based on years of research, this book uncovers the facts behind heart disease and how easy it is to avoid and reverse without dangerous drugs and operations. The medical system, corrupted by trillions of dollars of pharmaceutical drug money, is not helping you—but this book will. You will find a comprehensive review of the scientific literature that supports the simple Diet, Environment, Attitude and Lifestyle (DEAL) strategies like supplementation, raw foods, and standing instead of sitting all day, along with dozens of other scientifically validated approaches to dramatically reduce your risk of everything from Alzheimer's and diabetes to stroke. This ground breaking book is a must-read for anyone who wants to take control of his or her own health... and for all those GPs looking for scientific proof of what really reverses CVD.

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