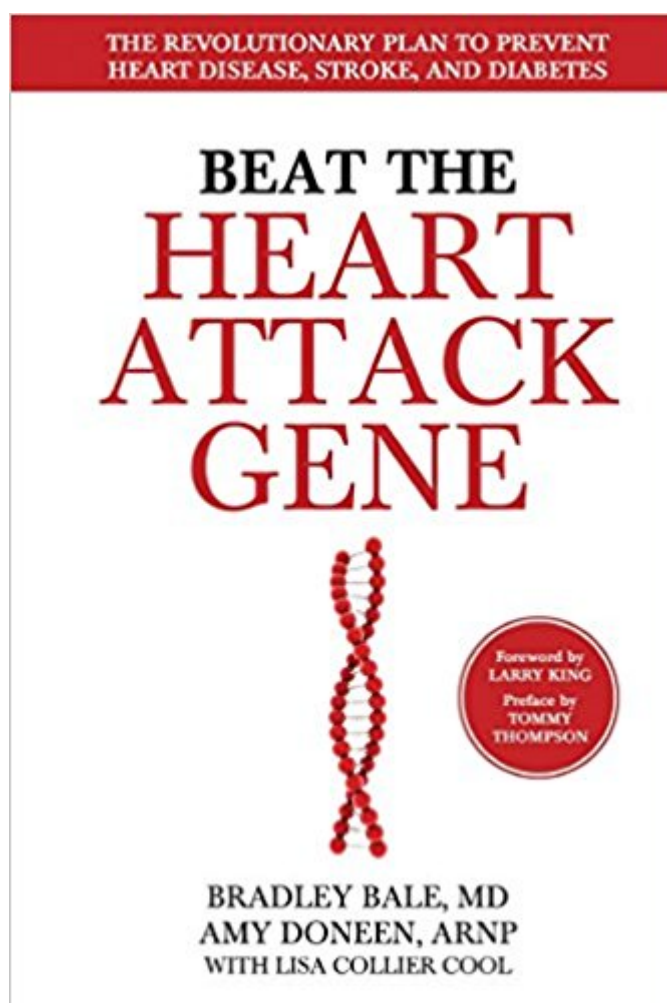


The book was found

Beat The Heart Attack Gene: The Revolutionary Plan To Prevent Heart Disease, Stroke, And Diabetes



Synopsis

A revolutionary, personalized guide to preventing heart disease based on genetic factors. Heart disease is the #1 cause of death in America. It affects 81 million Americans and is the culprit in one of every two deaths in the United States. Most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors. The good news is that with the right information and strategies, heart attacks are preventable—even if heart disease runs in the family. In *Beat the Heart Attack Gene*, world-renowned cardiovascular specialists Bradley Bale, MD and Amy Doneen, ARNP, present a new model for understanding and preventing heart disease. They explain the three different genetic types of cholesterol profiles and tailor treatments for each type, using their cutting-edge Bale/Doneen Method, a simple, comprehensive prevention plan that detects cardiovascular disease (CVD) at early stages. *Beat the Heart Attack Gene* includes easy quizzes and self-tests that show how to determine cholesterol genotype as well as advice for how to apply that knowledge through nutritional and lifestyle changes. For heart attack and stroke survivors, the Bale/Doneen Method also helps prevent recurrences by identifying and treating what's triggering the patient's disease—a crucial step that many cardiologists neglect. With their proven method utilized by healthcare professionals worldwide, Bale and Doneen empower readers by alerting them to potential health threats, and then offer personalized, evidence-based strategies so they can live healthy, active lives without fear of heart attack or stroke. Specifically, *Beat the Heart Attack Gene* addresses:

- *The hidden cause of most heart attacks
- *Early prevention methods
- *The dangerous cholesterol most doctors don't check
- *Major red flags for heart attack and stroke risk, including gum disease
- *The gene that increases cardiovascular risk as much as smoking
- *The best and worst supplements for your heart
- *10 surprising ways to prevent heart attacks

Book Information

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Customer Reviews

• "Not only does this book show you how to optimize your heart and brain health, but following this plan could even save your life."

• "Daniel Amen, MD, New York Times bestselling author of Change Your Brain, Change Your Life • "Though percutaneous-based intervention is often a necessity in the era of ACS therapy, the Bale/Doneen Method encourages a 'mind over metal' approach by focusing on both primary and secondary prevention. Their method demands a thorough investigation into nontraditional drivers of coronary disease, especially that of undiagnosed diabetes, often masked by a normal fasting blood sugar. Finally, someone acknowledges the role of hidden glucose intolerance in the demise of our population! This book is an easy read and holds the key to our future successes in the fight against coronary inflammation. It should be required reading for every first-year med student as well as seasoned practitioners who stand on the forefront of detection and prevention."

• "Melissa Walton-Shirley, MD, Blogger and Journalist, Cardiovascular Disease • "Throw out what you learned in medical school and start over with the Bale/Doneen Method. A must for every primary care physician."

• "Bryan Glick, DO, Founding Physician at N1 Health of Scottsdale, AZ • "I do believe that [Bale and Doneen] harbor the secret for treating patients with cardiovascular disease."

• "Melissa Walton-Shirley, MD, Kentucky, cardiologist, TJ Sampson Community Hospital • "The Bale/Doneen Method is truly unique. It is a comprehensive strategy that allows me to treat the individual patient and prevent their heart attack or stroke because I am able to identify the root cause of their disease and correctly treat it."

• "David Wright, MD, TN, The Wright Clinic •

Bradley F. Bale, MD and Amy Doneen, MSN, ARNP are co-founders of the Bale/Doneen Method, which they teach to healthcare providers in their American Academy of Family Medicine "accredited preceptorship program. They have given hundreds of lectures at leading medical conferences globally and have published their research in many peer-reviewed medical journals. They also co-founded the Heart Attack & Stroke Prevention Center in Spokane, Washington, of which Amy Doneen has been the Medical Director since 2003. She is also Adjunct Professor at Texas Tech Health Sciences School of Nursing and past Chair of the Pacific Northwest Preventative Cardiovascular Nurses Association. Dr. Bale serves as Medical Director of the Heart Health Program at Grace Clinic in Lubbock, Texas, and has a private practice in Nashville,

Tennessee. Bale and Doneen have also formed the Institute of Arteriology, a nonprofit organization aimed at promoting the study of arterial wall health with the mission to ensure all individuals have the opportunity to live their lives free of cardiovascular disease events. Lisa Collier Cool is a bestselling author, blogger for Yahoo! Health, and winner of 19 medical journalism awards.

This is the plan I have been looking for since being diagnosed with CVD five years ago. This is a technology-current, proactive approach to treatment and prevention. Don't be satisfied with the "standard practice" advice: "watch your diet, exercise and when you have symptoms, call 911." You deserve way more than that! The advice in *Beat the Heart Attack* is detailed enough for you to get your own tests or work out a plan with your current doctors. I turn 70 this month and for the first time that I can remember I believe in my health-care plan and feel confident about my prognosis. This book is the best investment you can make for yourself or a loved-one. Not sure; ask me a about my treatment.

A brilliant analysis of current knowledge of genetic and lifestyle risk factors that contribute to the development of atherosclerosis which causes heart attacks and strokes AND how to implement this knowledge to save lives. The authors show that the knowledge exists to prevent heart attacks and strokes. The information presented begs for a new standard of preventative medical care. The general population must demand this level of health care from primary care physicians and cardiologists. Everyone who values their health/life should read this book. Martha Shilling Bennett, M.D.

Bale and Doneen have done an excellent job of synthesising this topic of preventing the disease that kills over half of us - atherosclerosis. Developments in genomics and research have made disease of fat metabolism something we can live years with if medical care is done well. The trouble is that the standard of care is not adequate for most of us and chronic inflammation from insulin resistance is being missed. If you read nothing else on heart attack prevention, read this book.

Wow! This book unpacks and explains risks and warning signs like no other resource! This book helps you to understand that there is an answer to vascular disease with guaranteed results. You no longer need to wonder if you will die of a heart attack just because the disease runs in your family! Get a copy of this book today! It could possibly save your life!

This is an excellent book explaining why "standard of care" is not working and why we need an expanded approach to cardiovascular prevention. I am so hopeful that with this book more people will become educated and begin demanding this type of care because it isn't going to happen without a little grassroots fire. As a health care professional I have been recommending my patients read this book slowly but surely as well as take their "root causes" to heart.

Extremely informative. It is not always what you eat that determines whether you have heart disease. Being on a plant-based diet with no animal products except for occasional seafood for 7 years and participating in triathlons didn't stop my husband from getting heart disease and plaque build-up, leading to 5 stents. His cardiologist told him it was his heredity and just keep doing what he is doing and take these drugs. So that means surgery for blockages is the only answer. But this book shows you that it doesn't have to be that way. Worth every penny. Could change your life.

Reading this book is very hard. I wanted answers - not a research book I would have to study. I am going to try and scan it for real information that would give us an answer. Evidently you have to be seeing this Dr. in person to figure to receive any guidance. Buy this book if you love reading medical research - otherwise - pray for the Cliff Notes version.

Drawing on their encyclopedic grasp of the research on heart attack prevention (there are 50 pages of scientific references!!) and their collective hands-on experience with real world patients, Dr Bale and Amy Doneen lucidly and compellingly weave their revolutionary plan into a reader-friendly, practical guide, to the latest and greatest strategies for prevention of this all too common disease! Most physicians are too busy treating the urgent problems confronting them that they are unable to stay up to date on effective prevention science. Because they provide extensive references to the scientific literature, this tome is certain to become a classic--and one which patients can use to be their own best advocates in their search for True Prevention, while also encouraging their physician to investigate what is possible!David Wright MDThe Wright ClinicCordova TN

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