



# How To Prevent and Reverse Heart Disease: An Interview With Dr. Caldwell B. Esselstyn

*Michael Senoff*

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The title of this interview is called According to a World Famous Doctor, Eating Certain Foods Will Turn Your Heart Disease Into a Harmless Paper Tiger that You'll Never Need to Worry About Again. If you think heart disease is just a natural part of aging, don't bet your heart on it. The author of Prevent and Reverse Heart Disease, Dr. Caldwell B. Esselstyn, says it's actually a food borne illness with a simple cure that even the unhealthiest of people can conquer once and for all. But you won't hear that from the government and you won't study that in school.

In fact, Dr. Esselstyn says that this is the one disappointment he has with modern medicine. It's simply failing its patients and in this audio you'll hear all about it. You'll also hear the amazing discovery scientists learned about curing heart disease from the Nazis in World War II and why you've probably never heard about it before. You'll learn the dark secret your doctor's trying to hide from you about bypasses and stents, and what you need to know before you let anyone cut you open. You'll learn exactly what Dr. Esselstyn says in the one and only way doctors today can adequately treat heart disease and stop killing their patients.

You'll learn about three foods you'll never want to eat again. You'll learn the ugly truth about the USDA and why Dr. Esselstyn says having them make the food pyramid is like having Al Capone do your taxes. You'll learn the exact steps you can take to regain power over your heart disease today. Dr. Esselstyn says that everyone who eats a traditional Western diet has cardiovascular disease right now. Although you may not have a heart attack for 30 years, he says you'll never have a heart attack again if you follow his advice. In this interview you'll hear exactly what that advice is. Now let's get going.



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