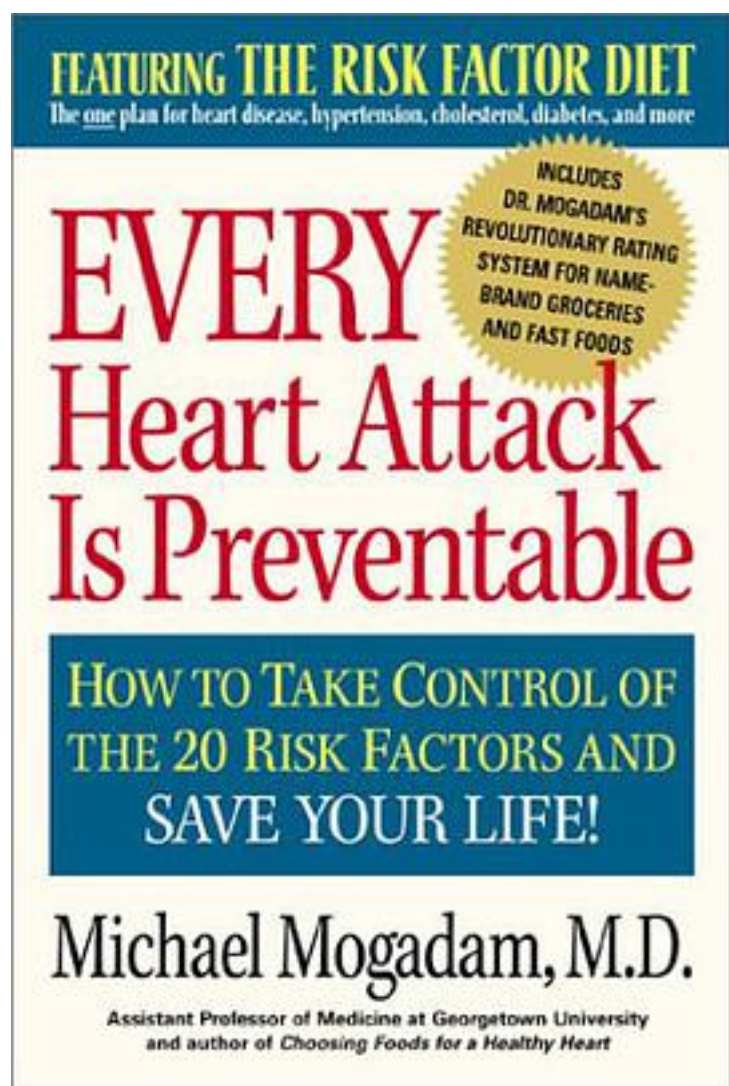


# Every Heart Attack Is Preventable



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Your doctor might be killing you. So says Dr Michael Mogadam who illustrates how even the best-intentioned doctors have failed to keep up with scientific breakthroughs in preventing heart attacks -- and are often advising patients to do the opposite of what is right. Among his other findings, Dr Mogadam shows that for thirty years American medicine has pegged cholesterol as Public Enemy Number One in the fight against heart disease -- and proves who wrong that analysis is. Dr Mogadam highlights the 20 risk factors associated with heart disease, of which cholesterol is only one, and offers a step-by-step guide to avoiding -- or controlling -- all of them. He includes his own Twenty Risk Factors diet, which combines good nutrition and the latest science with practicality and a joy in good food.

作者介绍:

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