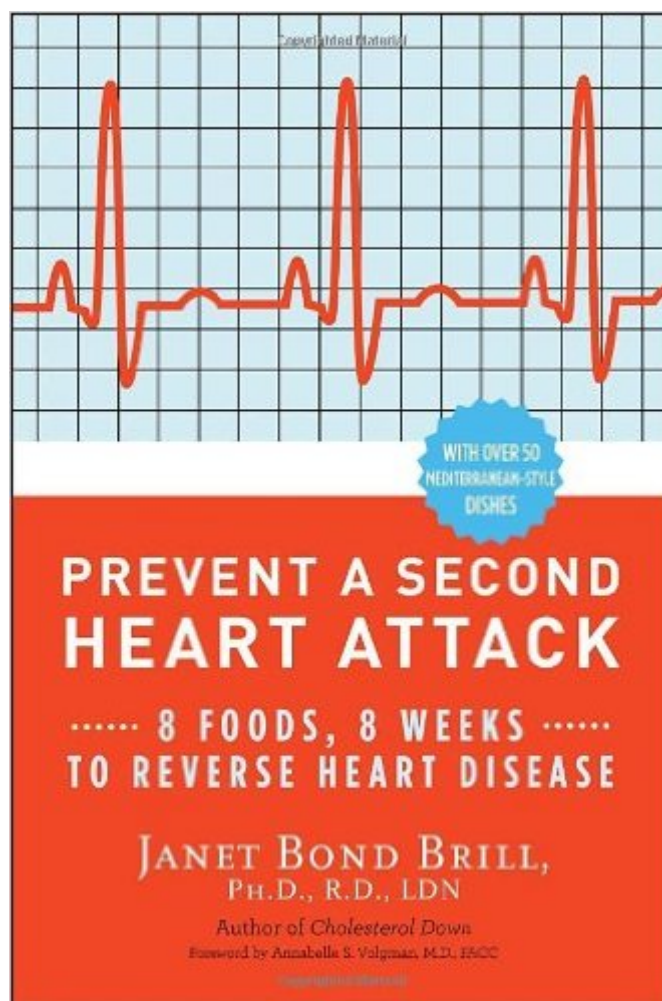


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# Prevent A Second Heart Attack: 8 Foods, 8 Weeks To Reverse Heart Disease



## Synopsis

Reverse Your Heart Disease in Just Eight Weeks by Harnessing the Power of the Mediterranean Diet If you're one of the 13 million Americans who have survived a heart attack or been diagnosed with heart disease, Dr. Janet Bond Brill offers a delicious and foolproof plan that can lower your risk of a second heart attack by up to 70 percent. Inspired by the heart-healthy Mediterranean diet, the Prevent a Second Heart Attack Plan is based on satisfaction, rather than deprivation. Backed by cutting edge research, Dr. Brill explains: Why the Mediterranean diet is the gold standard of heart-healthy eating • How "good carbs" such as oatmeal and popcorn lower bad cholesterol, prevent high blood pressure, and control your weight • The science behind eating fish for heart health • Why having a glass of red wine with dinner is great for your heart and which wines are the best choices • The easiest, most delicious daily habit that will cut your heart attack risk Packed with every tool you need to eat your way to better heart health—including daily checklists, a complete two-week eating plan, and dozens of mouthwatering recipes to suit every meal, taste, and budget "Prevent a Second Heart Attack provides you with the knowledge, skills, and confidence to live long and enjoy the good life, the heart healthy way." JANET BOND BRILL, Ph.D., R.D., LDN, is a diet, nutrition, and fitness expert who has appeared on national television. She is the author of Cholesterol Down: 10 Simple Steps to Lower Your Cholesterol In 4 Weeks Without Prescription Drugs, and specializes in cardiovascular disease prevention. Dr. Brill lives in Pennsylvania with her husband and three children.

## Book Information

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## Customer Reviews

When I was released from the hospital in June 2010, I was wheeled out to the parking lot to await my taxi ride from Victoria Texas to my home in Port Lavaca, Texas, with a fistful of prescriptions, a one-page advisory on maintaining the right diet and exercising -- and two coronary arterial stents. If you have to have a heart attack, my board certified cardiologist told me, the kind I had was the best. I had no chest pains, but I was sweating much more than usual and I was experiencing nausea to a horrific degree. With the stents, proper medication and exercise -- and the right diet -- I'm feeling great now. My diet before the June 19, 2010 heart incident (I hesitate to call it an "attack") wasn't bad and I'm a non-smoker, so only a few modifications were necessary. I don't eat much red meat; I love veggies and fruit and use soy milk in my oatmeal and other whole grain cereal, rather than cow's milk, which my wife loves. I can't stand eggs or chicken (the result of growing up on a Michigan farm where we raised chickens for their meat and their eggs). I do love cheese, but I try to eat it sparingly and an occasional (very occasional) French bread pizza in the microwave is just what I need with my glass or two of red wine in the evening. I like an occasional bite of chocolate, which Brill recommends, in moderation. Plus I love nuts, including the walnuts that Brill says are great for heart health, as is the oatmeal that I regularly consumed. Instead of the cheat-sheet on diet and exercise, which I already followed, a copy of Janet Bond Brill's "Prevent A Second Heart Attack: 8 Foods, 8 Weeks to Reverse Heart Disease" (Three Rivers Press, 336 pages, \$15.00) would have been most welcome.

This was the best of 6 books on preventing or reversing heart disease I read to help a friend who had a heart attack. I am an MD who practiced Internal Medicine. I found much of the data in this book invaluable and new to me. It is quite readable, practical, science based and thoroughly referenced (267 references) with data from about 200 individual studies. As a prior reviewer noted, many of the studies are based on epidemiologically based research which show association but cannot prove causation. I agree that the author would have done well to emphasize this more frequently. None the less, the kind of tightly controlled studies we might wish for are expensive, very difficult to arrange and often unethical in human populations. The type of study Brill cites are currently the only thing we have. Another plus for this book is that it is based on data relevant to survival rather than an ideology about plant based food. Brill explains the physiology and pathology of heart disease in a thorough manner which contributes to understanding the rationale of the suggested dietary choices. There is so much good and current information in the book that I am on my third reading. A goodie I missed that first two times: Among 23,000 Greeks studied prospectively

for an average of 8.5 years the dietary items most associated with longevity were in order: 1) moderate red wine intake, 2) low consumption of meat, 3) high consumption of vegetables, 4) high consumption of fruits and nuts, 5) high consumption of olive oil and 6) high consumption of legumes. I would never have guessed that moderate red wine intake would be the most highly predictive factor for longevity. She makes a good case for including fish in your diet.

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