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Heart Disease: Drug-Free Alternatives to Prevent and Reverse Heart Disease (What Doctors Don't Tell You)

Lynne McTaggart

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Heart disease remains the leading cause of death for both men and women in the West, yet so little is known about it. Despite the billions of pounds spent on researching its causes, conventional medicine continues to offer treatments that are based on false observations. Many still believe, for example, that fatty foods clog the arteries (they don't) and that LDL cholesterol is the villain (it's not – it's merely a symptom). Find out the real causes, how to treat heart disease and how to prevent it in this essential guide.

Known for its in-depth research, *What Doctors Don't Tell You* has been researching medicine – alternative and conventional – since 1989, and is now widely regarded as one of the best health newsletters in the world. It grew from a sense of frustration with conventional medicine and a desire to inform others of its shortcomings and dangers, and the alternatives that can really work. Each book in thisauthoritative new series focuses on a common health condition or concern, to help readers make informed decisions about their health, and the health of their families.

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