



The Simple Heart Cure: The 90-Day Program to Stop and Reverse Heart Disease

By Chauncey Crandall

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The Simple Heart Cure: The 90-Day Program to Stop and Reverse Heart Disease By Chauncey Crandall

Heart disease kills more people than any other medical condition. And no one is more aware of this than top cardiologist Dr. Chauncey Crandall, who has performed over 40,000 heart procedures during his career. In his new book Simple Heart Cure you'll find this top doc's groundbreaking approach to preventing and reversing heart disease - an approach honed by his study of foreign cultures free of heart disease and decades of experience helping patients achieve a healthier heart at any age. Dr. Crandall is living proof of his program's success. At the age of 48, and with no major risk factors, he found himself in the ER with a widow-maker blockage of his main coronary artery. After emergency heart surgery, he recovered from heart disease using the same course of treatment he recommends to his thousands of patients - and details for your benefit in Simple Heart Cure. His unique perspective as both doctor and patient helps him empathize with the difficulties in making a transition from years of bad habits to a heart-healthy way of life. Plus, Dr. Crandall believes in using every weapon in his medical arsenal to help his patients recover - conventional medicine, emerging treatments, lifestyle changes, even alternative therapies. So whether you just want to prevent heart problems, or you've already had a heart attack, you'll find the help you need in Simple Heart Cure capped by tasty heart-healthy menus, and a 90-day week-by-week plan to help you start taking action immediately.

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Editorial Review

Review

By following the advice in Dr. Chauncey Crandall's new book *The Simple Heart Cure*, you can surmount the biggest challenge of all and win your battle against heart disease. --Scott Carpenter, Astronaut, NASA's Mercury Project

From the Inside Flap

Heart disease kills more people than any other medical condition. And no one is more aware of this than top cardiologist Dr. Chauncey Crandall, who has performed over 40,000 heart procedures during his career.

In his new book *The Simple Heart Cure*, you'll find this top doc's groundbreaking three-pronged approach to preventing and reversing heart disease an approach honed by his study of foreign cultures that are free of heart disease and decades of experience helping patients achieve a healthier heart at any age.

Dr. Crandall is living proof of his program's success. At the age of 48, and with no major risk factors, he found himself in the ER with a "widow-maker" blockage of his main coronary artery. After emergency intervention, he recovered from heart disease using the same course of treatment he recommends to his thousands of patients and details for your benefit in *The Simple Heart Cure*.

His unique perspective as both doctor and patient helps him empathize with the difficulties in making a transition from years of bad habits to a heart-healthy way of life. Plus, Dr. Crandall believes in using every weapon in his medical arsenal to help his patients recover including conventional medicine, emerging treatments, lifestyle changes, and even alternative therapies.

So whether you just want to prevent heart problems or you've already had a heart attack, you'll find the help you need in *The Simple Heart Cure*, capped by tasty heart-healthy menus and a 90-day, week-by-week plan to help you start taking action immediately.

About the Author

Chauncey W. Crandall IV, M.D., is the Director of Preventive Medicine at the renowned Palm Beach Cardiovascular Clinic and Chief of Interventional Cardiology at Good Samaritan Medical Center in Palm Beach, Florida. Dr. Crandall received his postgraduate training at Yale University School of Medicine, where he also completed three years of research in the Cardiovascular Surgery Division.

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