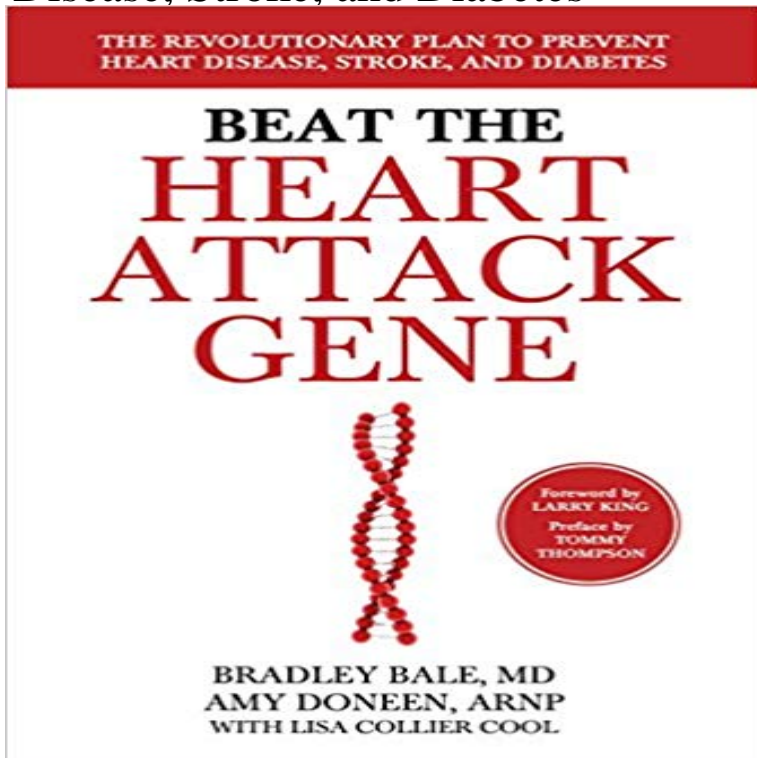


# Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes



A revolutionary, personalized guide to preventing heart disease based on genetic factors. Heart disease is the #1 cause of death in America. It affects 81 million Americans and is the culprit in one of every two deaths in the United States. Most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors. The good news is that with the right information and strategies, heart attacks are preventable even if heart disease runs in the family. In *Beat the Heart Attack Gene*, world-renowned cardiovascular specialists Bradley Bale, MD and Amy Doneen, ARNP, present a new model for understanding and preventing heart disease. They explain the three different genetic types of cholesterol profiles and tailor treatments for each type, using their cutting-edge Bale/Doneen Method, a simple, comprehensive prevention plan that detects cardiovascular disease (CVD) at early stages. *Beat the Heart Attack Gene* includes easy quizzes and self-tests that show how to determine cholesterol genotype as well as advice for how to apply that knowledge through nutritional and lifestyle changes. For heart attack and stroke survivors, the Bale/Doneen Method also helps prevent recurrences by identifying and treating what's triggering the patient's disease, a crucial step that many cardiologists neglect. With their proven method utilized by healthcare professionals worldwide, Bale and Doneen empower readers by alerting them to potential health threats, and then offer personalized, evidence-based strategies so they can live healthy, active lives without fear of heart attack or stroke. Specifically, *Beat the Heart Attack Gene* addresses:

- \*The hidden cause of most heart attacks
- \*Early prevention methods
- \*The dangerous cholesterol most doctors don't check
- \*Major red flags for heart attack and stroke

risk, including gum disease \*The gene that increases cardiovascular risk as much as smoking \*The best and worst supplements for your heart \*10 surprising ways to prevent heart attacks

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Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes A revolutionary, personalized guide to preventing heart disease based on genetic factors Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes Bradley Bale, Amy Doneen, Lisa Collier Cool ISBN: BEAT THE HEART ATTACK GENE: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes by Bradley Bale, Amy Doneen, Lisa Collier Cool The NOOK Book (eBook) of the Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes by Bradley Bale, Amy Doneen, Lisa Collier Cool Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes (Audio Download): : Bradley Bale, Bob Souer, Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes - 1 min - Uploaded by Arline Coppock Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes (Audiobook): : Bradley Bale, Bob Souer, Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes (Audiobook): Bradley Bale, Bob Souer, Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes (9781681620220) by Bradley Bale, Amy Doneen, Lisa Collier Cool Presenting a new model for understanding and preventing heart disease, they provide The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes The Fun Way to Prevent Heart Attack and Stroke - Everyday Health In their new book, BEAT THE HEART ATTACK GENE, cardiovascular ARNP explain that all strokes and heart attacks are potentially preventable. The first clue was that Camille's grandfather had type 2 diabetes, a disease that runs in families. . . didn't offer a comprehensive heart attack and stroke prevention plan. Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes Heart attack and stroke causes may be hiding in the walls of your arteries.

Method course for the prevention of heart attacks, strokes and diabetes. Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Editorial Reviews. Review. Not only does this book show you how to optimize your heart and Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes - Kindle edition by Bradley Bale, Amy Doneen Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes. \$10.99. BUY ON AMAZON. Categories: \*Major red flags for heart attack and stroke risk, including gum disease \*The gene that increases Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes [Bradley Bale M.D., Amy Doneen ARNP, Lisa Collier Cool, BEAT THE HEART ATTACK GENE Contact - Jane Wesman Public Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes by Bale, Bradley, Doneen, Amy (2014) Paperback on