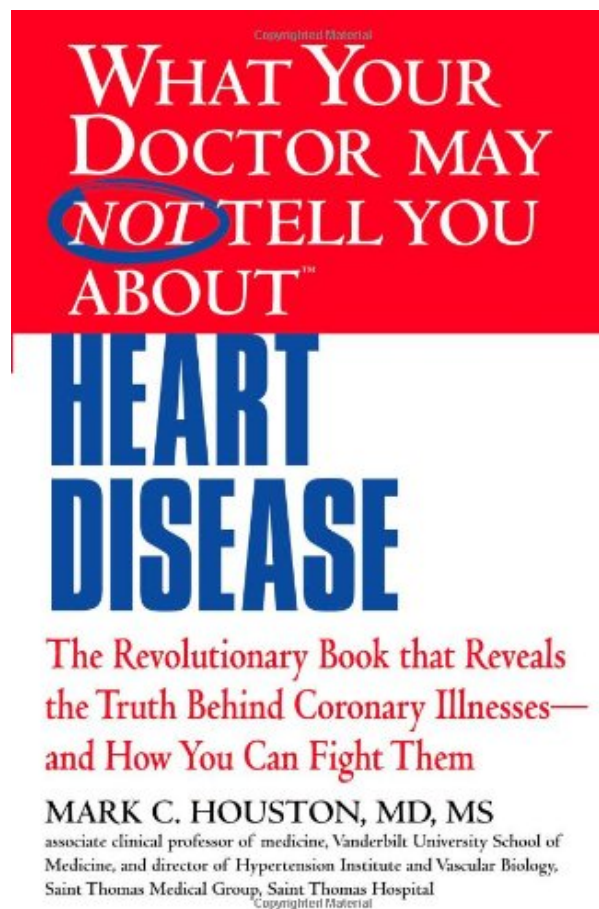


# WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT HEART DISEASE BY MARK HOUSTON



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DISEASE**

The Revolutionary Book that Reveals  
the Truth Behind Coronary Illnesses—  
and How You Can Fight Them

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## About the Author

Dr. Houston is presently Associate Clinical Professor of Medicine, Vanderbilt University School of Medicine and Director of the Hypertension Institute, Vascular Biology and the Life Extension INstitute at Saint Thomas Hospital in Nashville, TN.

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# WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT HEART DISEASE BY MARK HOUSTON PDF

Coronary heart disease has long been the number one killer in this country, and for decades, we have been told about five basic risk factors: elevated cholesterol, high blood pressure, diabetes, obesity, and smoking. But the truth is that heart disease is much more complex-- with close to 400 risk factors!

In this innovative guide, Dr. Mark Houston helps readers discover the causes of heart disease, how to prevent and treat its debilitating effects via nutrition, nutritional supplements, exercise, weight management, and lays to rest to various myths (cholesterol is not the primary cause) based on scientific studies and medical publications.

Readers will also learn how to identify the risk factors most likely to endanger them and construct an arsenal of non-pharmacological preventative strategies that can counteract this most deadly disease.

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## Most helpful customer reviews

25 of 26 people found the following review helpful.

Excellent book!

By David Schwartz

Excellent book! After suffering a heart attack two years ago now, I was curious why it happened to me. I've been researching material, because pretty much all my doctors told me were to reduce my cholesterol and take a bunch of drugs. Cholesterol is not the dominant cause of clogged arteries that doctors make it out to be, although it is a factor. What they don't tell you are all of the other factors that are FAR MORE SIGNIFICANT -- namely the nutritional roots of the disease. If you ask your doctor, "What is the REAL cause of heart attacks", they might reluctantly admit it's arterial inflammation, which is the main cause of plaque buildup. What they won't admit is that the real reason statins have any noticeable benefit is because they're powerful anti-inflammatories; the reduction in cholesterol is modest at best. (If there's no inflammation going on, then there's no reason cholesterol in our blood should cause plaque buildup. With lots of inflammation going on, then reducing blood cholesterol levels sort of makes sense in a backwards

kind of way. The truth is, ARTERIAL INFLAMMATION is the thing we want to be controlling, not cholesterol levels.) Unfortunately, they won't tell you about the damaging side-effects that statins cause. And they also won't tell you that the most significant cause of arterial inflammation for most people today revolves around our diets. Why? Perhaps because they have virtually no training in nutrition, and drug companies aren't funding research into how our diets are affecting our health. Read the book to learn more.

23 of 25 people found the following review helpful.

Dr Houston has done it again-another patient friendly resources for all

By Dr Kristi Hughes

I have the privilege of working very closely with Dr Houston as one of our lead faculty at the Institute for Functional Medicine, and I am extremely impressed with his new book "lifting up the hood" to truly reveal why patients develop endothelial dysfunction and what they can do about it. I have been recommending this book to my patients and health care providers who all rave about the way in which Mark is able to explain complicated processes in the body. His skills in communication, along with his expertise in this subject matter, make this book a must read if you have Heart Disease, a family history of cardiovascular concerns, weight control issues, hypertension, and want to take charge of your own health to change your trajectory away from the development of chronic disease.

25 of 28 people found the following review helpful.

What Your Doctor May Not Tell You about Heart Disease [Kindle Edition] Mark Houston (Author)

By D. Wong

An excellent book for people of all ages to use who wants to prevent heart disease and living a healthy lifestyle

This book tells what is the underlining cause of heart disease. Dr Houston indicates that high cholesterol is not the cause of heart disease. The book explain how the heart when weakened by our lifestyle of poor diet and lack of exercise and stress contribute to heart disease. He provide his own formula of diet which is between a Mediterranean and a DASH diet and supplements to reduce inflammation and enhance your energy with proper nutrients. He also indicate what type of exercise to do which is both resistance and aerobic exercise to burn the fat and strengthen the artery.

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