

**Most doctors tell their patients how to live with heart disease.
Joel Fuhrman tells them how to live without it.**

In his groundbreaking new book,
The End of Heart Disease:
The Eat to Live Plan to Prevent and Reverse Heart Disease
#1 *New York Times* Bestselling Author Joel Fuhrman, M.D.
explains why standard cardiac treatment does more harm than good

HEART DISEASE is the number one cause of death for both men and women in the United States, claiming more lives than all forms of cancer combined. Up to now, standard medical treatment for cardiovascular diseases has favored drugs such as statins and blood pressure medications. Unfortunately, studies have shown that these treatments can be ineffective, and most often, downright dangerous. **More importantly, heart disease can be not just prevented, but reversed** via delicious nutritional methods.

Joel Fuhrman, M.D. is on a mission to change the way heart disease is treated in this country and around the world. A board-certified physician and nutritional researcher, he has had a medical practice that specializes in reversing heart disease with nutrition for over 25 years. In **THE END OF HEART DISEASE** (HarperOne; April 5, 2016), he explains why true protection from heart disease can be reached only when you achieve favorable blood pressure and cholesterol levels **without drugs**, and offers the most effective approach to do so.

In the book, Dr. Fuhrman tackles some of the toughest questions:

- What are the long-term dangers of statin drugs?
- Why don't angioplasty and stents prolong life?
- Why do blood pressure medications usually fail to prevent heart attacks?
- Why are other dietary programs to lower blood pressure and cholesterol ineffective?
- How can even advanced cases of heart disease be reversed and resolved?
- Why can extreme fat avoidance be downright dangerous?

Utilizing thousands of medical studies combined with over a quarter century of practicing nutritional medicine, Dr. Fuhrman ends the confusion and controversy about what we should eat. He backs it up with a scientifically-proven program that is designed to prevent and reverse even advanced heart disease. The results are unparalleled – and are documented in his groundbreaking medical study, “Improved Cardiovascular Parameter with a Nutrient-Dense, Plant-Rich Diet-Style. A Patient Survey with Illustrative Cases”; published October 15, 2015 in the *American Journal of Lifestyle Medicine*.

Dr. Fuhrman makes it simple: **you can choose not to ever have heart disease or strokes**, period. Even those already being treated for high blood pressure, high cholesterol, or advanced heart disease can gradually improve, and slowly discontinue medication as it will no longer be needed.

THE END OF HEART DISEASE proves that diet determines our state of health more than any other factor. Dr. Fuhrman shows the way with scientific studies, an extensive Q&A section, patient stories, and Nutritarian recipes and meal plans. In this comprehensive new book, he sets a high, but achievable objective: the elimination of the deadly Standard American Diet (SAD), the avoidance dangerous drugs used for heart disease, and the prevention and reversal of heart disease in America and beyond

About the Author:

Joel Fuhrman, M.D. is a board-certified family physician, *New York Times* best-selling author and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. Dr. Fuhrman is an internationally recognized expert on nutrition and natural healing, and has appeared on hundreds of radio and television shows including *The Dr. Oz Show*, *The Today Show*, *Good Morning America*, and *Live with Kelly and Michael*. Dr. Fuhrman's own hugely successful PBS television shows, *3 Steps to Incredible Health* and *Dr. Fuhrman's Immunity Solution*, and his latest show, *End Dieting Forever*, bring nutritional science to homes all across America. He is the author of five *New York Times* bestsellers: *Eat to Live*; *Super Immunity*; *The End of Diabetes*; *Eat to Live Cookbook*; and *The End of Dieting*. A graduate of the University of Pennsylvania School of Medicine, he is also the Research Director of the Nutritional Research Foundation. More at www.drfuhrman.com

THE END OF HEART DISEASE

The Eat to Live Plan to Prevent and Reverse Heart Disease

Joel Fuhrman, M.D.

Published by HarperOne, an imprint of HarperCollins Publishers

On sale: April 5, 2016; \$28.99 Hardcover; 421 pages; ISBN: 9780062249357

Also Available as an eBook