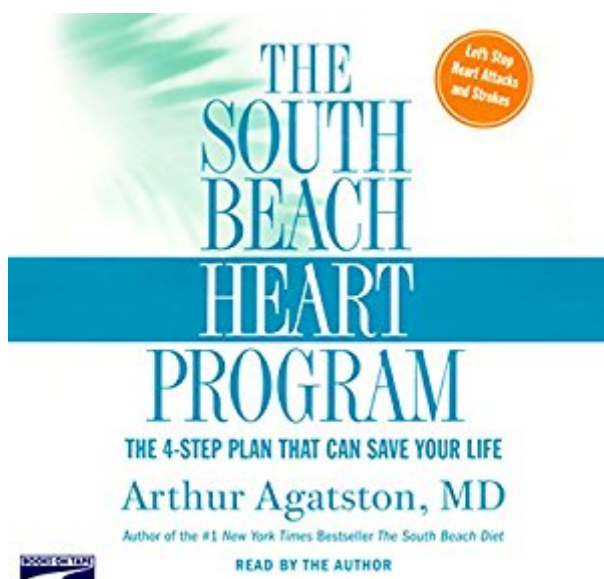


The book was found

The South Beach Heart Program: The Four-Step Plan That Can Save Your Life



Synopsis

This year more than 1 million Americans will have a heart attack or stroke, making heart disease the leading cause of death in men and women in this country. But thanks to his aggressive prevention approach to treating heart disease, renowned cardiologist Dr. Arthur Agatston, creator of the Agatston Score for measuring coronary calcium, rarely sees a heart attack or stroke in his practice. Now in his most passionate book yet, Dr. Agatston champions a revolution in cardiac care that will empower people to save their own lives. Just as millions of people have successfully adopted Dr. Agatston's South Beach Diet, now millions can lead longer and healthier lives thanks to his South Beach Heart Program. Living without heart disease is clearly within our reach. --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

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Program Type: Audiobook

Version: Unabridged

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Customer Reviews

I went on the South Beach diet in January. At my semi annual cholesterol physical in May I had dropped my cholesterol 40 points, I lost 20 pounds, lowered my triglycerides to 92 increased my good cholesterol, from 49 to 54, and decrease my total ratio from 5.2 to 2.6. In this book, Dr. Agatston explains how this all happened. In my opinion, this book could make you much healthier by helping you to realize exactly what's happening with your heart and could possibly save your life! Love this book -love the South Beach diet!!! Thank you Dr. Agatston!

This book changed my life! Being on the north side of 60, I had accumulated many bad eating habits and with a family history of heart disease I knew I was living with a short fuse. After reading

"The South Beach Heart Program" I've lose nearly 20 pounds (and never remember really being hungry) and my blood work hasn't looked this good in about 30 years. Thank you Dr. Agatston.

If you have a health problem, particularly your heart, you have got to read this book. Turn back time if you make the commitment and follow through. You can be a healthier you. You can live healthy and be healthy without starving yourself or being on some ultra regimented diet/exercise program. Down to earth, realistic and doable.

Filled with much needed information on how we can be in charge of our own health and take the necessary steps to insure good heart health. Wish more people would read this as some of the population needs to start making healthier choices in how they eat and exercise. Who wants to fear having a heart attack when we take measures to prevent them. Dr. Agatston states that heart attacks can be avoided. Need more to read what he has to say.

I have the first South Beach book and it's good, but since I'm older now I was curious as to the difference in the original book and this one. This book is great! He explains the science behind the diet and the more I read the more I wanted to read. I highly recommend this book, especially if you have heart concerns due to a medical condition or just aging and you want to learn more about protecting your heart to live longer and feel better while you're here.

I am a Registered Nurse and believe that this book WILL save lives if people will use his program. I brought my total cholesterol down 80 points in just 3 months-in my case, using old-fashioned oatmeal and 2 tbsp. milled flaxseed EVERY morning for breakfast and THEN following the South Beach Diet for the rest of the day. (I cannot go almost completely without carbs, it doesn't work for me.) My HDLs (good) are OVER 85 and my LDLs (bad) are less than 120. Triglycerides were great, at less than 100. My doctor was so shocked, he searched my records to make sure he had not prescribed a statin medication! I hope this is not too technical and helps you.

I bought this book a month or so ago. No book (even the South Beach Diet book) has had more impact on my life, than this one. First, it made me stop and think of the abuse I have been inflicting on my body for so many years. Second, scared me into doing something about it. Thus I have been diligent following both the South Beach Diet, and starting an exercise plan I can follow and live with. The book is almost like a textbook, but with language anyone can follow. There are a wide variety of

tests we need to have run to know where we stand with heart disease, diabetes, etc. And Dr. Agatston spells it all out for the lay person to understand and accomplish. This is a book that everyone who cares about living to a ripe old age should read. And you should wait till you're 50 to read it. Buy it now!! Truly, this 4-Step Plan may save your life.

If you read the South Beach Diet you will absolutely love this book. While it touches on some of the principles of the diet, it has much more to offer. The writing style is easy to follow and very informative and the book is loaded with practical information. If you are concerned about your heart health, this book is a must read. The book has motivated me to speak to my doctor and medication and other treatments, to exercise more and eat better and healthier foods. The author is very inspiring to read as he was in the South Beach Diet as well. Dr. Agatston seems very well informed, educated and highly experienced in heart health matters. This book has excellent medical advice and lifestyle recommendations that can be easily attained by all. Read this book and you too may live a longer and more productive, healthier and happier life.

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