



Fix It! Dr. Crandall's 90-Day Program to Stop and Reverse Heart Disease

Chauncey Crandall

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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 **FIX IT! Dr. Crandall's 90-Day Program to Stop and Reverse Heart Disease**, 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 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 **FIX IT!** 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. Proven ways to banish bad cholesterol . . . How to slash your risk of a deadly heart attack by 61% . . . 8 easy steps to head off that high blood pressure . . . How you can safeguard against stroke . . . Simple strategies to unclog your arteries without surgery . . . What your belly says about your heart health . . . Must-have heart tests for everyone over 50 . . . Easy solutions to steer clear of statin drugs . . . And much, much more . . .

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