



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

Bradley Bale, Amy Doneen

[Download now](#)

[Click here](#) if your download doesn't start automatically

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

Bradley Bale, Amy Doneen

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

Bradley Bale, Amy Doneen

A revolutionary, personalized guide to preventing heart disease—America's #1 killer

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 comprehensive, evidence-based medical treatment plan that detects cardiovascular disease (CVD) at early stages and stabilizes it with individualized medical and lifestyle therapy. *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 individualized lifestyle advice. 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 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 genes that increase cardiovascular risk as much as smoking
- The best and worst supplements and foods for your heart
- 10 surprising ways to prevent heart attacks

 [Download Beat the Heart Attack Gene: The Revolutionary Plan ...pdf](#)

 [Read Online Beat the Heart Attack Gene: The Revolutionary Pl ...pdf](#)

Download and Read Free Online Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes Bradley Bale, Amy Doneen

From reader reviews:

William Harris:

Book is usually written, printed, or highlighted for everything. You can understand everything you want by a reserve. Book has a different type. We all know that that book is important matter to bring us around the world. Alongside that you can your reading proficiency was fluently. A reserve Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes will make you to always be smarter. You can feel considerably more confidence if you can know about almost everything. But some of you think in which open or reading a book make you bored. It's not make you fun. Why they might be thought like that? Have you searching for best book or suited book with you?

Ryan Daggett:

Do you really one of the book lovers? If so, do you ever feeling doubt when you find yourself in the book store? Aim to pick one book that you find out the inside because don't judge book by its deal with may doesn't work the following is difficult job because you are scared that the inside maybe not seeing that fantastic as in the outside search likes. Maybe you answer could be Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes why because the great cover that make you consider with regards to the content will not disappoint a person. The inside or content will be fantastic as the outside as well as cover. Your reading 6th sense will directly show you to pick up this book.

Patricia McGuire:

This Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes is great reserve for you because the content and that is full of information for you who always deal with world and possess to make decision every minute. This book reveal it facts accurately using great manage word or we can say no rambling sentences inside. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only gives you straight forward sentences but difficult core information with lovely delivering sentences. Having Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes in your hand like keeping the world in your arm, data in it is not ridiculous 1. We can say that no publication that offer you world within ten or fifteen minute right but this guide already do that. So , this is certainly good reading book. Hey Mr. and Mrs. stressful do you still doubt that will?

Shantel McCary:

Don't be worry when you are afraid that this book will certainly filled the space in your house, you can have it in e-book method, more simple and reachable. This particular Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes can give you a lot of friends because by you looking at this one book you have issue that they don't and make you actually more like an interesting person. This particular book can be one of a step for you to get success. This e-book offer you information

that perhaps your friend doesn't know, by knowing more than other make you to be great people. So , why hesitate? We need to have Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes.

**Download and Read Online Beat the Heart Attack Gene: The
Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes
Bradley Bale, Amy Doneen #L74H619PEFD**

Read Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes by Bradley Bale, Amy Doneen for online ebook

Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes by Bradley Bale, Amy Doneen Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes by Bradley Bale, Amy Doneen books to read online.

Online Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes by Bradley Bale, Amy Doneen ebook PDF download

Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes by Bradley Bale, Amy Doneen Doc

Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes by Bradley Bale, Amy Doneen Mobipocket

Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes by Bradley Bale, Amy Doneen EPub