



The McDougall Program for a Healthy Heart: A Life-Saving Approach to Preventing and Treating Heart Disease

John A. McDougall

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Self-Help/Reference Large Print Edition Nationally known for his breakthrough approach to diet as a means to treat and prevent heart disease, Dr. McDougall teaches cardiac patients a revolutionary new way of living, and The McDougall Program for a Healthy Heart offers readers the same sound advice that thousands of people have learned through his clinical practice at St. Helena Hospital in California. The most up-to-date and useful guide to reversing and preventing heart disease, The McDougall Program for a Healthy Heart includes: a full menu plan with over 100 recipes an exercise program with attainable goals methods of stress reduction and lifestyle changes cardiac medical tests and what they mean by-pass surgery yes or no? And if the answer is yes, how to select the best surgeon and hospital. A lifesaver for patients who have already been diagnosed with heart disease, the McDougall program is just as valuable as a guide for prevention.

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