

This reference includes comprehensive information on heart disease in women and men, common symptoms, many heart ailments, strokes, diagnostic methods, medications, proven dietary supplements, Mediterranean and plant-based menu options, laboratory studies and physician visit recommendations. With the right knowledge and actions, the number one cause of death in women and men is preventable. If you are healthy and want to stay that way, or if you are overweight, have diabetes or heart disease, this health guide provides the science behind coronary artery disease with actions to improve health and longevity. Because early heart disease is evident in overweight children, Dr. Kuffel has also included information on how to keep kids healthy.

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