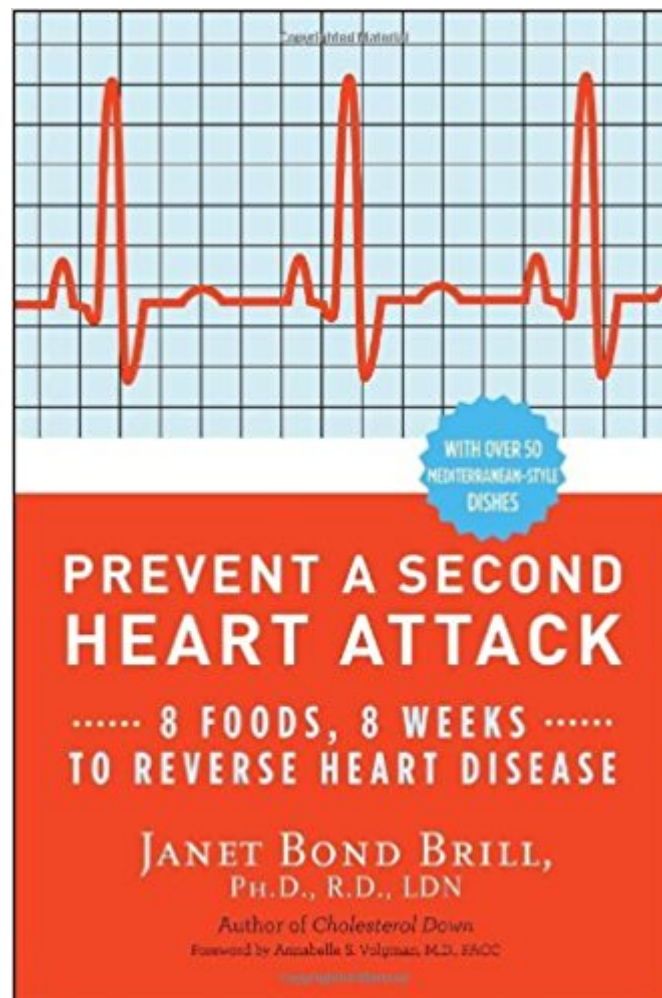




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# Prevent A Second Heart Attack: 8 Foods, 8 Weeks To Reverse Heart Disease



## Synopsis

Reverse Your Heart Disease in Just Eight Weeks by Harnessing the Power of the Mediterranean Diet If you're one of the 13 million Americans who have survived a heart attack or been diagnosed with heart disease, Dr. Janet Bond Brill offers a delicious and foolproof plan that can lower your risk of a second heart attack by up to 70 percent. Inspired by the heart-healthy Mediterranean diet, the Prevent a Second Heart Attack Plan is based on satisfaction, rather than deprivation. Backed by cutting edge research, Dr. Brill explains: Why the Mediterranean diet is the gold standard of heart-healthy eating "good carbs" such as oatmeal and popcorn lower bad cholesterol, prevent high blood pressure, and control your weight The science behind eating fish for heart health Why having a glass of red wine with dinner is great for your heart and which wines are the best choices The easiest, most delicious daily habit that will cut your heart attack risk Packed with every tool you need to eat your way to better heart health--including daily checklists, a complete two-week eating plan, and dozens of mouthwatering recipes to suit every meal, taste, and budget Prevent a Second Heart Attack provides you with the knowledge, skills, and confidence to live long and enjoy the good life, the heart healthy way. JANET BOND BRILL, Ph.D., R.D., LDN, is a diet, nutrition, and fitness expert who has appeared on national television. She is the author of Cholesterol Down: 10 Simple Steps to Lower Your Cholesterol In 4 Weeks Without Prescription Drugs, and specializes in cardiovascular disease prevention. Dr. Brill lives in Pennsylvania with her husband and three children.

## Book Information

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## Customer Reviews

In *Cholesterol Down*, nutrition and fitness expert Brill simplified lowering blood cholesterol levels to four weeks and 10 steps. Here, she reduces confusing dietary guidelines typically given to post-heart attack patients to a two-month regime aiming to minimize risk factors ("good" and "bad" cholesterol ratios; blood pressure levels; inflammation; weight; etc.). Brill's focus is dual: preventing a second heart attack and creating a lifestyle that works in tandem with prescribed medications. Contending that low-fat diets and most supplements are ineffective and programs touted in bestsellers and the media (Pritikin, Ornish) prove too restrictive for many patients, Brill offers a Mediterranean-style diet incorporating liberal daily servings of eight "superfood" groups: healthy fats, vegetables, fruit, legumes, seafood, walnuts and flaxseeds, whole grains, and moderate amounts of red wine. Brill's primer on plaque, which she states can begin to build up before birth, is alarming, but her confidence in reversing cardiovascular disease will encourage readers to make significant lifestyle changes. To ensure they do so, Brill throws in a bonus superfood: dark chocolate, a treat, she advises, to be consumed daily. (Feb.) (c) Copyright PWxyz, LLC. All rights reserved.

...Brill's confidence in reversing heart disease will encourage readers to make significant lifestyle changes. To ensure they do so, Brill throws in a bonus superfood: dark chocolate, a treat, she advises, to be consumed daily. --*Publisher's Weekly* "This is an important book. Dr. Brill has managed to combine an enormous body of scientific literature [that] establishes the profound links between heart health and nutrition with a highly practical, motivational, and user-friendly approach. If every American followed the principles found in this book, we could substantially reduce the burden of heart disease in our country." --James M. Rippe, MD, cardiologist, founder and director of the Rippe Lifestyle Institute "Dr. Brill provides an engaging and informative book for patients and providers alike. This exceptional book provides easy-to-read information on nutrition and heart disease, practical approaches to heart healthy living, and tools to help patients successfully reduce heart-disease risk. I will recommend this book most highly to all my patients." --JoAnne M. Foody, M.D., FACC, FAHA, medical director of Cardiovascular Wellness at Brigham and Women's Hospital "For the thirteen million

Americans who have survived a heart attack or are diagnosed with heart disease, this book is a MUST read! In [a] thorough, thoughtful, evidence-based, user-friendly approach, Dr. Brill presents the eight key foods and lifestyle changes needed to CONQUER heart disease. This book provides the roadmap to successfully navigating the way to a long healthy life after a heart attack.

—Jennifer H. Mieres, M.D., FACC, FAHA, cardiologist, coauthor of Heart Smart for Black Women and Latinas

—“A superb resource for health professionals and consumers! Dr. Brill covers it all! I will recommend her book wholeheartedly to my patients who want science-based guidelines to keep their hearts healthy naturally with nutritious foods and exercise.”

—Georgia Kostas, MPH, RD, LD, author of The Cooper Clinic Solution to the Diet Revolution

Do I think that in eight weeks with eight foods you're going to reduce your heart disease that took years to emerge? Ummmm...NO. Do I think you can make changes that will alter your health for the better? Absolutely!

Janet Bond Brill is an advocate of a Mediterranean style diet, minimal red meat, lots of fish, greens, extra virgin olive oil, walnuts, flax seed, red wine, etc. It's a healthy diet, with a huge variety of foods. It's a diet I've been following since November, 2009 (a couple of years before Brill published this book) because my LDL was at a dangerous level. My primary care physician wanted me on a statin, like Lipitor or Mevacor, immediately. I said "Give me six months to alter my diet and then we'll talk about statins." I went on a diet regimen very close to what Janet Bond Brill has outlined. Six months later my LDL was normal/low and my doc anointed me as "the poster boy" for dietary control of LDL cholesterol. I've read this book, just to see how close it is to my self-prescribed diet. It's very close. But, I do think it's a book that anyone who could be at risk for heart disease should read. I'm 67 years old. My father died at 58, following years of heart disease. He loved his eggs, red meat, rich desserts, etc. and ate all he desired. He robbed his wife and children of years of his love and companionship. His doctor, post mortem, said he could not convince my father that his diet was instrumental to his heart disease. I'm not going to let that happen to me. If you have a family history of heart disease, read this book. Follow the diet and you'll feel and probably look better.

This was the best of 6 books on preventing or reversing heart disease I read to help a friend who had a heart attack. I am an MD who practiced Internal Medicine. I found much of the data in this book invaluable and new to me. It is quite readable, practical, science based and thoroughly referenced (267 references) with data from about 200 individual studies. As a prior reviewer noted,

many of the studies are based on epidemiologically based research which show association but cannot prove causation. I agree that the author would have done well to emphasize this more frequently. None the less, the kind of tightly controlled studies we might wish for are expensive, very difficult to arrange and often unethical in human populations. The type of study Brill cites are currently the only thing we have. Another plus for this book is that it is based on data relevant to survival rather than an ideology about plant based food. Brill explains the physiology and pathology of heart disease in a thorough manner which contributes to understanding the rationale of the suggested dietary choices. There is so much good and current information in the book that I am on my third reading. A goodie I missed that first two times: Among 23,000 Greeks studied prospectively for an average of 8.5 years the dietary items most associated with longevity were in order: 1) moderate red wine intake, 2) low consumption of meat, 3) high consumption of vegetables, 4) high consumption of fruits and nuts, 5) high consumption of olive oil and 6) high consumption of legumes. I would never have guessed that moderate red wine intake would be the most highly predictive factor for longevity. She makes a good case for including fish in your diet. A shocker to me was the DART study in which the mere suggestion to heart attack survivors that they include two to three portions fish per week in their diet cut their risk of death by 29% in the following two years compared to patients not given the advice. Now there is a cheap and potent intervention. I read this book to help a friend who had just suffered a heart attack. I ended up changing my diet dramatically and suggesting the book to many of my friends who also have not had a heart attack and would just as soon not have one.

I found this book very helpful. I first got it out of the library and decided I wanted one of my own so I could refer to it. It is not too extreme which I found in other books. I can live with the diet this book suggests. My doctor agrees.

Very satisfied!

Every person 50 years old or older must read this book. It will give you a longer and healthier life.

After my heart attack, I started reading everything I could get my hands on about how to use diet to improve my prognosis/reverse my cardiovascular disease: Ornish, Fuhrman, Campbell, Esselstyn, McDougall . . . . You name it, I've read it. I learned a lot, and I determined that I would force myself to renounce my ways and adopt their no-animal-protein, super-low-fat eating regimens, because I

don't want to die any time soon. I made a lot of changes, and became much healthier. But between my busy life and my food cravings, I just couldn't get to the level of compliance I wanted to with those other eating plans. Then I got this book. At last, I have reached the Promised Land of healthy eating. Much of what I learned from the other authors I am still putting into practice: I still eat tons of fresh produce, mostly avoid meat and dairy products, etc. But Brill's guidelines include a few changes from those other plans, which make it easier to stick with in terms of both food satisfaction and convenience. That's the first thing I love about this book: it tells you how you can eat a radically heart-healthy diet and still make it delicious and do-able. The second thing I love about it is that it provides an astonishingly detailed, yet readable, description of the many processes that happen in your body to produce coronary artery disease, and the specific ways that each of the recommended foods fights each step of the development of the disease. I came away from this book marveling at the wonders of nature. There are so many healing ingredients in food if we just eat it the way it grows naturally, instead of distorting and corrupting it the way we've been doing for the past century or so. It is really amazing. Wonderful book. Highly, highly recommended.

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