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--Mehmet Oz, M.D., coauthor,
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Caldwell Esselstyn, Jr., is certainly
the father (and the mother) of the
now proven hypothesis that you
can reverse severe arterial
disease (including severe disease

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of the arteries supposed to
nourish your heart). He proved
that radical changes in diet (and
that alone) cause radical changes
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discovered that a plant based diet
actually has the ability to reverse
heart disease.

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Caldwell Esselstyn Jr.'s new book,
Prevent and Reverse Heart

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“revolutionary, scientifically proven, nutrition-based cure” for heart disease. The “cure,” however, is neither revolutionary nor scientifically proven. While it may be based on nutrition, little in the book is based on reality.

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...

Shortly after, Dr. Caldwell
Esselstyn embarked on extensive
research on everything there is to
know about heart disease and

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how to prevent and reverse it. It was a long process, but ultimately, the study produced significant results on how we can reverse it naturally through diet. "I was active as a surgeon, and I was not a trained psychologist.

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Dr. Esselstyn is a physician and the author of Prevent and Reverse Heart Disease. He is the Director of the Cardiovascular Prevention and Reversal Program at...

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A groundbreaking program backed by the irrefutable results from Dr. Esselstyn's 20-year study proving changes in diet and nutrition can actually cure heart

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disease. Heart disease remains the leading cause of death in the United States for men and women. But, as Dr. Caldwell B. Esselstyn, Jr., a former internationally known surgeon, researcher and clinician at the Cleveland Clinic, explains in this

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book it can be prevented,
reversed, and even abolished.

[About the Book | Dr. Esselstyn's
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His search led him to Dr.
Esselstyn's book, "Prevent and
Reverse Heart Disease" and Dr.

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Campbell's book, "The China Study". President Clinton has lost 24 pounds by pursuing Dr. Esselstyn's plant based diet and he plans to reverse heart disease by following this new heart healthy diet and lifestyle.

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recommends an oil-free, vegan
diet in his book Prevent and
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Dr. Caldwell Esselstyn on How to Prevent and Reverse Heart Disease with Nutrition Caldwell Esselstyn, Jr. M.D., was trained as a surgeon at the Cleveland Clinic and at St. George's Hospital in London and was awarded the

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Bronze Star in 1968, for his
Reverse Heart Disease
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Dr Esselstyn was the featured
guest at the 2012 annual Health

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This is...

HD+HQ "Prevent and Reverse
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Based on the groundbreaking

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results of his twenty-year nutritional study, Prevent and Reverse Heart Disease by Dr. Caldwell Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects. Dr. Esselstyn

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is an internationally known surgeon, researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary Forks Over Knives.

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To contact Dr. Esselstyn via email, Please write to Jacqueline Frey at EssyProgram@ccf.org or call 216-448-8556, Due to the volume of emails, please limit email concerns to cardio vascular

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improve its quality.

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message the Esselstyn family has lived by for years: Your health is truly in your own hands, and what you eat matters.

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