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The Doctor's Heart Cure: Beyond the Modern Myths of Diet and Exercise: The Clinically-Proven Plan of Breakthrough Health Secrets

By Al Sears

Dragon Door Publications,U.S. Paperback. Book Condition: new. BRAND NEW, The Doctor's Heart Cure: Beyond the Modern Myths of Diet and Exercise: The Clinically-Proven Plan of Breakthrough Health Secrets, Al Sears, Would you like to save yourself the indignity, inconvenience and foul taste of modern diet fads? Are you sick and tired of frittering away your money on heart medications that leave you feeling more wretched than ever? Do you spend frequent, precious hours jogging or pounding away at the gym? And despite all of this effort, are you still fatter and weaker than you want to be? Then its time to abandon the Modern Gospel of low-fat food and long-duration exercise as a path to heart health. Your hearts salvation lies in reengineering the diet and exercise habits of our hunter-gatherer ancestors to fit our modern culture. What does this entail? To build a strong and resilient heart, engage in brief, explosive bouts of intense exercise. Consume a diet rich in high quality fat, pasture-fed meat, free-range dairy, wild-caught fish and liberal helpings of low-glycemic fruits and vegetables. Avoid grain-based starches as best you can. And take appropriate supplements to counteract the nutritional deficiencies of modern produce. Dr Sears has...



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