

# REVERSE HEART DISEASE NOW

STOP DEADLY CARDIOVASCULAR  
PLAQUE BEFORE IT'S TOO LATE

The newest cardiology breakthrough to halt  
arterial disease & high blood pressure, prevent  
heart attack & stroke, and reverse heart failure

Stephen T. Sinatra, M.D.  
James C. Roberts, M.D., with Martin Zucker

# Resumo de Reverse Heart Disease Now: Stop Deadly Cardiovascular Plaque Before It's Too Late

While most books focus solely on the role of cholesterol in heart disease, "Reverse Heart Disease Now" draws on new research that points to the surprising other causes. Two leading cardiologists draw on their collective fifty years of clinical cardiology research to show you how to combine the benefits of modern medicine, over-the-counter vitamins and supplements, and simple lifestyle changes to have a healthy heart.

[Acesse aqui a versão completa deste livro](#)