



Heal Your Heart: How You Can Prevent or Reverse Heart Disease

Dr. K. Lance Gould M.D.

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In *Heal Your Heart*, Dr. K. Lance Gould's goals are better survival and improved health through the prevention and reversal of heart and vascular disease. His program provides practical, do-it-yourself steps and explores options beyond traditional invasive medical procedures for more definitive solutions. Designed for the general reader, *Heal Your Heart* can be used by anyone. Scientific information and practical guidelines are presented in simple, full-color illustrations, summary graphs or tables with brief, nontechnical text that incorporate the most recent medical knowledge. Dr. Gould introduces readers to new non-invasive medical imaging technologies such as cardiac PET that may potentially provide early diagnoses for people who may be at risk.

Dr. Gould demonstrates how patients and physicians can work together to conquer one of the relentless causes of disability and death. He outlines what questions to ask medical staff and how to manage your own reversal program including your doctors, whether specialists or general practitioners.

The principles of reversing cardiovascular disease in this program may be adapted to various lifestyles, habits, tastes, time constraints, and personalities. Dr. Gould's program avoids multiple medical consultations and special facilities or equipment. The essentials are healthy living habits combined with medical management at home and work. This reversal program may replace surgical or catheter procedures for treating cardiovascular disease in most patients. In some specific cases, some people may also need balloon dilation or bypass surgery. Dr. Gould furnishes the criteria used to identify the minority of patients who need them. For this minority, Dr. Gould's reversal program in addition to surgical treatment will provide optimal outcome by dramatically lowering further risk. For most people, this program produces a sense of well-being and reduces or eliminates symptoms.

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