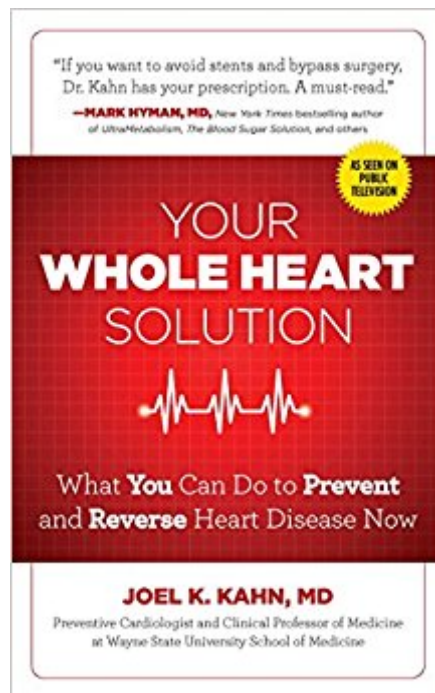




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# Your Whole Heart Solution: What You Can Do To Prevent And Reverse Heart Disease Now



## Synopsis

In *Your Whole Heart Solution*, America's Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right away—from drinking your veggies to opening your windows to walking barefoot—to make yourself heart attack proof. Cardiovascular disease (CV) is the number one killer in the Western world. But it doesn't need to be. The truth is that more than 75 percent of cases of heart attacks, strokes, and other cardiovascular disease events are preventable. In *Your Whole Heart Solution*, America's Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right away—from drinking your veggies to opening your windows to walking barefoot—to make yourself heart attack proof. Here's what leading physicians and other experts have to say about *The Whole Heart Solution*: "If you want to raise your heart energy, keep your heart arteries clean, and identify the root causes of heart disease to avoid stents and bypass surgery, Dr. Kahn has your prescriptions ready to use. This is a unique manual of caring for your heart by taking out the bad stuff and putting in the good stuff. A must-read." --Mark Hyman, MD, New York Times bestselling author of *UltraMetabolism*, *Blood Sugar Solution* and others "Coronary artery disease and heart attacks are avoidable through superior nutrition. Dr. Kahn can lead the way to change the face of cardiology in America." --Joel Fuhrman, MD, New York Times bestselling author of *Eat to Live*, *The End of Diabetes* and others, Board Certified Family physician, Research Director of the Nutritional Research Foundation "This is an important book that everyone needs to read. Dr. Kahn is an expert at translating complex information into easy-to-understand, usable techniques to have a better heart and brain." --Daniel G. Amen, MD, New York Times bestselling author of *Change Your Brain, Change Your Life* and others "Heart disease is mostly preventable, and if we all took a page from Dr. Joel Kahn, America would be a whole lot healthier and happier." --Jason Wachob, founder and CEO, MindBodyGreen.com "Dr. Joel Kahn has a national reputation as one of the top cardiologists in the US. [His book] will be a tremendous asset to patients, their families and physicians." --Mark Houston, MD, MS, Director, Hypertension Institute and Vascular Biology of Nashville, TN, and author of *What Your Doctor May Not Tell You about Heart Disease* "The heart can be strengthened in so many ways without surgery. Doctors need to be champions of real health, food-based health, fitness-based health. I know champions and Dr. Kahn is a champion." --John Salley, four-time NBA champion "Dr. Joel Kahn is a leader in the cardiology world in recognizing the importance of food and lifestyle for heart conditions. His book will be a winner for all involved." --Neal D. Barnard, MD, Adjunct

Associate Professor of Medicine at George Washington University School of Medicine and bestselling author of Dr. Neal Barnard's Program for Reversing Diabetes – "The Whole Heart Solution by Dr. Joel Kahn is an enlightened comprehensive examination by a dedicated physician as well as a treasure chest of opportunities to enhance a full and healthy life." – Caldwell B. Esselstyn, Jr., M.D., author of Prevent and Reverse Heart Disease

## Book Information

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## Customer Reviews

"Our medical care system is broke and the only way to fix it is by teaching Americans how to protect themselves against disease to avoid medical care. Invasive cardiology is a billion dollar industry based on disproven science. Coronary artery disease and heart attacks are avoidable through superior nutrition. Dr. Kahn can lead the way to change the face of cardiology in America." (Joel Fuhrman, M.D., New York Times bestselling author of Eat to Live, The End of Diabetes and others, Board Certified Family physician, Research Director of the Nutritional Research Foundation) "If you want to raise your heart energy, keep your heart arteries clean, and identify the root causes of heart disease to avoid stents and bypass surgery, Dr. Kahn has your prescriptions ready to use. This is a unique manual of caring for your heart by taking out the bad stuff and putting in the good stuff. A must-read." (Mark Hyman, MD, New York Times bestselling author of UltraMetabolism, Blood Sugar Solution and others) "Coronary artery disease is not a disease, but a survival mechanism. Basically, our body is trying to survive our lifestyle. It is about time that a cardiologist of the caliber of Dr. Kahn writes a book to educate both patients and other doctors how to avoid stenting blocked arteries. The need is there for a well

respected and loved cardiologist to enlighten the public in this area. I follow Dr Kahn's work almost daily through his emails, and I hope his book will be published soon so I can direct my readers to his work.

—Alejandro Junger, M.D., New York Times bestselling author of *Clean*

“Dr. Joel Kahn is a colleague and leader in the cardiology world in recognizing the importance of food and lifestyle for heart conditions. Credible doctors like Dr. Kahn, who are not only expert in high-tech medicine but also have an interest and knowledge in holistic approaches, are rare. His book will be a winner for all involved.”

—Neal D. Barnard, MD, Adjunct Associate Professor of Medicine at George Washington University School of Medicine and bestselling author of *Dr. Neal Barnard's Program for Reversing Diabetes*

“This is an important book that everyone needs to read. Heart disease and brain disease are intimately connected. Your brain uses 20% of the blood flow in your brain. If your heart is troubled it increases your risk of depression and dementia. Dr. Kahn is an expert at translating complex information into easy to understand, usable techniques to have a better heart and brain.”

—Daniel G. Amen, MD, New York Times bestselling author of *Change Your Brain, Change Your Life* and others

“We live in a world where the truth is hard to find. Dr. Kahn's book breaks through so many barriers to show the truth. The heart can be strengthened in so many ways without surgery. Doctors need to be champions of real health, food-based health, fitness-based health. I know champions and Dr. Kahn is a champion.”

—John Salley, four-time NBA champion

“Heart disease is mostly preventable, and if we all took a page from Dr. Joel Kahn, America would be a whole lot healthier and happier.”

—Jason Wachob, founder and CEO, MindBodyGreen.com

“Dr. Kahn is a champion of health and a persuasive catalyst for lifestyle transformation. As an advocate of heart health and prevention, Dr. Kahn is a prominent leader in the movement to reclaim health in America. At The Daniel Plan, we believe that health begins with the heart, and our foundation of faith leads people to adopt healthy choices in every area of life. I am confident his new book will inspire and equip many to lead a more healthy life.”

—Dee Eastman, Director of The Daniel Plan at Saddleback Church

“Dr. Joel Kahn is one of the foremost cardiologists in America today. His sharp intellect, extensive clinical experience and deep understanding in the fields of interventional/invasive cardiology and preventive cardiology give him a unique perspective on heart health. In his upcoming book, he will outline his natural approach to preventing and/or curing heart disease that focuses on spirit, nutrition, fitness so as to optimize the brain-heart and mind-body connections. Dr. Joel Kahn's book will be a powerful and practical tool for bestowing vitality and longevity, and his messages will resonate with a large audience.”

—James O'Keefe, MD Director of Preventive Cardiology at Mid America Heart Institute and bestselling author of *The Forever Young Diet and Lifestyle* and *Let Me Tell You a*

Story)~“Dr. Joel Kahn is a functional medicine rock star! His book provides a critical guide for every patient with heart disease and those who want to avoid it. Dr. Kahn brilliantly uncovers the true root causes and treatments of cardiovascular disease, making the complex simple to understand and even easier to apply. I know Dr. Kahn well, and his life, passion and medical work will insure that this book will be widely read and change lives everywhere. I cannot wait to see it in print!~ (Tana Amen BSN, RN, author of the Brain Doctor’s Wife series and

OmniDiet)~“Lifestyle changes can effectively cure the #1 killer in the industrialized world. That’s why a book like this is so critical. Hundreds of thousands of lives hang in the balance.~ (Michael Greger, MD, bestselling author of Carbophobia)~“At least 80% of all ischemic heart disease~ and maybe just about all of it~ is preventable. And yet, despite over 30 years of national preoccupation with the risk and impact of heart disease, it remains the number one cause of death and a leading cause of chronic misery. Dr. Joel Kahn, a leader in preventive cardiology, is uniquely qualified help fix this, with provocative insights, a deep well of knowledge, and a clear view of the big picture. When someone trained to put stents into occluded coronary arteries is prepared to tell us how to avoid that fate, we should all pay close attention! I will certainly be sharing this book with all of my patients.~ (David Katz, MD, Director, Preventive Medicine at Yale University and author of The Plant-Powered Diet)~“I know Dr. Joel Kahn very well. His clinical skills and knowledge in CVD are remarkable, he is well respected by his peers and his patients and has a national reputation as one of the top cardiologists in the US. His book is overdue and definitely needed to explain and treat CHD and CVD based on new concepts that he has outlined in his proposal. I fully support and endorse this book~. It will be a tremendous asset to patients, their families and physicians.~ (Mark Houston MD, MS, Director, Hypertension Institute and Vascular Biology of Nashville, TN, and author of What Your Doctor May Not Tell You about Heart Disease)~“There is truly no better person to write a comprehensive, integrative, mind-body-spirit book for the consumer on cardiovascular disease than Dr. Joel Kahn. Dr. Kahn is a physician with integrity who stays on the pulse of recent literature in the cardiology field, along with being true to his own healing path, setting an excellent example for his patients. Because Dr. Kahn is a cutting-edge leader in integrative cardiology and is sincerely invested in his own health, he would be able to beautifully tie together these elements in a teaching, experiential way that makes sense, is readily applied, and is fun and enlightening to the average person. As a clinician, I would heartily recommend such a book to patients, as there is no other text I can think of that would take his novel approach and be so thorough in providing a complete spectrum of information and resources.~ (Deanna Minich, PhD, nutritionist and author of The Complete

Handbook of Quantum Healing) – “Dr. Joel Kahn’s book will give you the reasons why all our hearts are in danger and necessary how for self transformation. As a passionate leader of health and wellness Dr. Kahn demonstrates how heart disease cannot be compartmentalized and is related to the whole person. Like the man himself, this is a book that will first open your heart and then heal it.” (Jonny Kest, founder of Center for Yoga and national director of yoga, Lifetime Fitness Corporation) – “As a vegan chef who for decades has promoted the benefits of a meatless diet, I appreciate Dr. Kahn’s well-researched efforts to encourage a plant based diet to reduce heart disease and diabetes caused by consuming dairy and meat. Few doctors have the courage to direct their patients, as well as the greater community, down this path.” (George Vutetakis, author of Vegetarian Traditions) – “Dr. Kahn is the rare breed that has both traditional medical training of the highest quality and a keen interest and expertise in food as medicine, stress management, and nutrition and supplements. In my work as a healing chef, I know that much progress needs to be made in preventing heart disease. I know that my friend Dr Joel Kahn will achieve that in this book.” (Tal Ronnen, author of The Conscious Cook and Executive Chef, Wynn Hotels, Las Vegas) --This text refers to the Hardcover edition.

Dr. Kahn serves as Clinical Professor of Medicine at the Wayne State University School of Medicine in Detroit and Director of Cardiac Wellness at Michigan Healthcare Professionals. He was the first physician in Michigan to be certified by the Society of Heart Attack Prevention and Eradication and the first in the world with a board certification in Cardiology to be certified by the University of South Florida and the American Academy of Anti-Aging Medicine in Metabolic Cardiology. A founding member of the International Society of Integrative, Metabolic and Functional Cardiovascular Medicine, he is also the first physician to implement in a synagogue the life-changing Daniel Plan developed at Saddleback Church in California by Drs. Daniel Amen, Mehmet Oz, and Mark Hyman. He lectures widely and has been named a TopDoc in Detroit for many years running. A devoted athlete, vegan, and health advocate, Dr. Kahn is married and has 3 children. He has been a practicing cardiologist for more than 20 years in the Detroit area.

The Whole Heart Solution by Dr. Joel Kahn needs to be everyone’s recipe for living a long, healthy and happy life. Specific information about food, exercise, stress reduction, and ways to seek comfort and happiness are presented here in a "street friendly" tone. As accomplished as Dr. Kahn is, with his never-ending list of jaw dropping medical credentials, he talks to us in a friendly non-threatening,

easy to understand tone. Everyone knows that it's scary to make changes. As you read through his book, Dr. Kahn seems to be holding our hand as we explore a different road toward improved health. On a personal note, my mother was diagnosed with mitral valve regurgitation and was one of the few patients (at the time) selected for an innovative mitral valve repair procedure. One of the criteria for selection was that the patient would not survive without this. Dr. Kahn guided me over the phone (he in Detroit, me in NY) about supplements that would be helpful for her, better heart meds, better food choices, heart strengthening exercises, health brain exercises (a healthy brain and a healthy heart go together) and encouraged me to keep offering her strength and support. When it came time for my mom's final evaluation right before surgery, the doctors in New York were flabbergasted. Her heart condition significantly improved and she no longer has regurgitation. Her cardiologist in New York said, 'I have never seen anything like this before, usually things go the other way, her progression is unbelievable.' Mom no longer needed this procedure! Now, almost 3 years later at 87, she is dancing, playing Bridge and enjoying her life with her family. I have bought and given this book out as a gift to several of my friends. Indeed, The Whole Heart Solution can be considered a gift of life.

As a 65 year old lay person, I'm currently doing a lot of reading on heart healthy living and this is a great book to get one started on a road to a healthier heart! This book is not just about food and exercise but ideas on how to lower your stress level, clean your home of toxic materials and much much more.

This book helped me to understand the connection between your heart and your diet. I have tried low-carb to bring down my high cholesterol levels, they rose even higher. I tried high fat keto type diets and it rose higher. After a month on a mostly plant based diet, I would say about 75 %, my numbers dropped, especially my LDL. it went from 215 to 150, I still have work to do and I am aiming for a more vegan diet, I hope to see these levels improve even more. Great Book if you want to change the direction of your health.

Everyone should read this book. My only question (to the author): On page 54 and 55 regarding "Assess Your Health At Home"? A person can't help if she is postmenopausal and over 55. Then add in hypertension and you score a total of 6 points. Add in a family history of hypertension and you score another 2 points. You say that a person should see their health care provider if the score is 6 or higher. Not much the Doc can do about age and postmenopausal status or family history. All

other risk factors being negative--not much a Doc can do, especially since insurance/Medicare won't pay for these recommended diagnostic tests (except for ones that really don't tell you much anyway). Otherwise, a great book that should motivate anyone who isn't physically active and who has poor dietary habits.

I originally got this book from the library and loved it so much decided I needed to own it. Having worked on health care teams for many years, I am pretty familiar with the topic, but I don't know everything and found this book very useful.. I thought Dr. Kahn did an excellent job of providing the pertinent information in a way that anyone could understand regardless of whether they have had any health care experience. He divides the book into two parts: Whole Heart Facts and Whole Heart Prescriptions. The first part provides information on the various body systems and their role in the development of heart disease. He provides enough information for basic understanding in a very readable format, using patient examples that the reader might relate to. He also discusses drugs and surgery, lifestyle habits, medical tests, etc. In the second part, he provides prescriptions to address what actions an individual would best take to manage their heart health, placing the individual in the driver's seat, with the understanding that making changes can be very difficult and small steps forward make it more do-able. I found it very readable and excellent at integrating traditional medicine with alternative medicine. He is up-to-date with the latest research in both of these areas. For those who want to take an active role in their heart health, this book guides the way in working with their physician, making lifestyle changes, and making decisions.

Very happy to have bought this book. I'm not a vegan as he suggests we all should be but the rest of the book was excellent & inspiring. And I have upped my vegetable consumption because of it. I was disappointed he did not address atrial fib, which I & many others suffer from.

This is an excellent book. Dr. Kahn understands what a person needs to be healthy and have good heart health. He lays out simple lifestyle changes and describes why they are important. I am following these guidelines and I've had good results with my weight and blood pressure readings. I am confident if a person follows the guidelines he lays out, they will avoid a lot of the health problems that exist in American Society today. This is a great book, I highly recommend it.

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Æ Æ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole  
Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES;  
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Whole Foods Diabetes: Reverse Your Diabetes NOW! How To Take Control of Your Blood Sugar  
Easy and Fast!: Reverse Diabetes Forever (Type 2 Diabetes Cure Book 1) The Insulin Resistance  
Solution: Reverse Pre-Diabetes, Repair Your Metabolism, Shed Belly Fat, and Prevent Diabetes -  
with more than 75 recipes by Dana Carpender

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