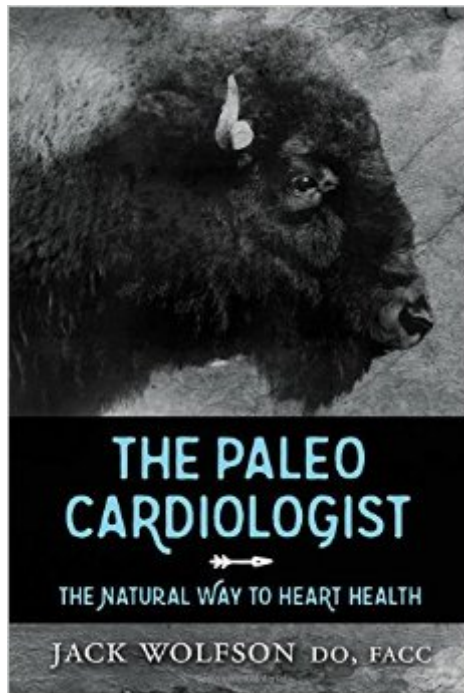


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# The Paleo Cardiologist: The Natural Way To Heart Health



## Synopsis

Medical doctors have no idea how to prevent heart disease. All they know how to do is push dangerous pills and procedures. Learn the truth in *The Paleo Cardiologist, The Natural Way to Heart Health*. Everything you were told about cholesterol is wrong. LDL is not the "bad" cholesterol. That is pharmaceutical company propaganda. Heart disease is not genetic...it is from poor nutrition and chemical toxins. "The Paleo Cardiologist" is about finding the cause of heart problems, instead of the typical Band-Aid fixes of conventional medicine. The truth is that heart disease can be prevented naturally and cardiologist Dr. Jack Wolfson will show you how. For 16 years Dr. Wolfson worked as a hospital cardiologist performing coronary angiograms and pacemakers. After meeting his chiropractic wife, Dr. Wolfson now runs a very successful, holistic cardiology office. Inside "The Paleo Cardiologist," you will learn: 1) Paleo Nutrition is the food plan for health, 2) The importance of cholesterol to every cell in the body, 3) How to avoid pharmaceuticals and skip the dangerous procedures, 4) Why stress is bad for your heart and how to relax, 5) How to get rid of the chemicals and heavy metals, 6) Sleep is critical for heart health and how to get more Z's, 7) The Top 20 supplements for heart health, 8) The Top 20 blood tests you need. Get informed. Get empowered. Read "The Paleo Cardiologist," the natural way to heart health.

## Book Information

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## Customer Reviews

We live in a world where everything seems upside down, especially in our healthcare and medical system. We have barely escaped the time when a doctor dared to suggest that doctors wash their

hands between autopsies and delivering babies which in the long run landed him in an insane asylum where he died. Everywhere we turn, we are being poisoned through our food, water, drugs, vaccines and our choices in the grocery store are getting slim. One of my great salvations, is to turn to the holistic experts to help make sense of it all. I appreciate Dr. Wolfson's knowledge and expertise and for his courage to break away from the status quo. He is not afraid to stand alone and he triumphs every time. Thank God for his chance (more like destined timeline of great love) meeting at the farmer's market where he met his now lovely wife, who is a chiropractor and the mother of his children. They are a beautiful family to follow and learn from. My heart went out to Dr. Wolfson in his book as he described his struggles when he was trying to implement his new ideas among a system that does not want to change. I am a holistic caregiver and I take care of the elderly. I know a little of what it is like to stand up to a doctor or dentist who is in the mainstream. I had a recent experience where I had to tell an oral surgeon and dentist that no, my patient would not be getting a second root canal over the old root canal. It is bad enough that he had the first root canal, but to be told he needed a second is archaic medicine. Dr. Wolfson goes over the dangers of root canals in his book.

This Book Changed My Life & My Families Lives For Generations To Come! Do you want to get healthy and live a long life free from disease? Are you tired of quick temporary fixes or "band-aids"? Are you tired of always being tired? Are you in great "health" but you want to be healthier? THEN READ THIS BOOK NOW! This book created such a huge paradigm shift in the way I looked at food, our family will never go back. We completely threw out most of the contents of our fridge, pantry, cleaning products, lotion, laundry detergent, dish washing detergent, plastic water bottles, pots and pans, cooking utensils, air fresheners, shampoo, meats, spices, the kids, and started over. Just kidding the kids are still with us but our teenagers think we are nuts! Which usually means we are on the right path. :) We have since bought everything we can afford organic, stainless steel pots, free-range grass fed organic beef (when we can or at least free-range grass fed beef at sprouts), aluminum free products and USDA certified botanical cleaning products, and so on. I think you get the picture. We do have some rice in our house but it is a very small percent of our diet. For us this was and is a HUGE shift, a bit painful but so worth it. Our family was HORRIBLE with our food. We would eat out all the time. We ate junk food, candy, soda, Kool-Aid, chocolate bars, anything bad we ate. We loved Burger King, Jack-In-The-Box, and so on. We seemed to be in good health since we were active and were constantly moving, not overweight but we did not "feel" great. In just 4 weeks of eating very very close to paleo, my sugar cravings

are at a bare minimum, I feel more energized, I threw away my allergy meds since I donâ™t need them anymore.

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