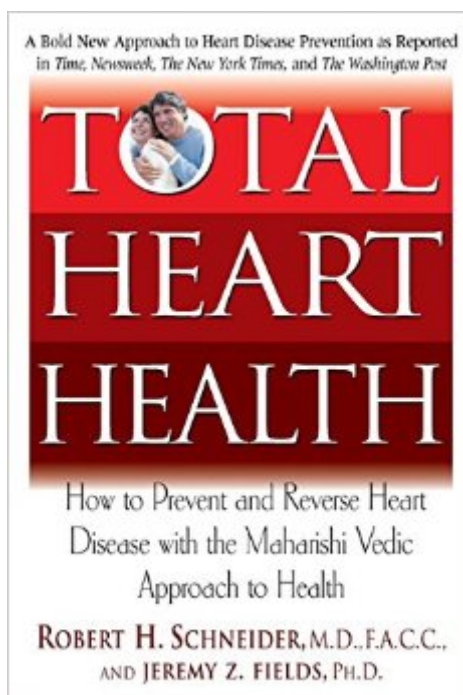


The book was found

Total Heart Health: How To Prevent And Reverse Heart Disease With The Maharishi Vedic Approach To Health



Synopsis

How to prevent and treat heart disease with Maharishi Consciousness based care. Readers discover a bold new approach to heart disease based on the world's oldest holistic system of care.

Book Information

Paperback: 262 pages

Publisher: Basic Health Publications, Inc.; 1 edition (April 15, 2006)

Language: English

ISBN-10: 1591200873

ISBN-13: 978-1591200871

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #160,921 in Books (See Top 100 in Books) #51 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #113 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #133 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Cardiovascular](#)

Customer Reviews

Heart disease kills more people in the West than all other diseases put together. Yet modern medicine has failed to identify a treatment or even the cause of heart disease. It has succeeded only in naming the risk factors. Complementary and alternative medicine offers a variety of approaches -- but how does one know which one is most effective? This book presents an approach to both understanding and treating heart disease that is natural, holistic, prevention-oriented, free of side-effects -- and supported by more scientific research validation than any other approach. The authors and their colleagues have received nearly \$25 million in research funding from the National Institutes of Health over the past 15 years, and their highly encouraging research findings, conducted in collaboration with universities around the U.S., have been the subject of wave after wave of national and international news stories -- thousands of articles altogether. The approach they have been researching has been brought to light from the world's oldest continuous tradition of knowledge, the ancient Vedic tradition of India. And their research findings have been unprecedented. The studies show that this approach: * reduces high blood pressure -- with the same effectiveness as hypertensive drugs, but without the negative side-effects and at a fraction of the cost * reverses atherosclerosis * reduces cholesterol and lipid peroxides * reduces free radicals*

reverses left ventricular hypertrophy (the dangerous over-build-up of heart muscle)* reverses the damage of heart disease* reduces other risk factors for heart disease, including smoking, alcohol abuse, psychological stress, and socio-environmental stress.

Total Heart Health presents an "inside-out" approach to the prevention and reversal of heart disease. The authors, a leading scientific pioneer in the field of complementary and alternative medicine, Robert H. Schneider, M.D. and health writer, Jeremy Z. Fields, Ph.D., present a compelling argument for "awakening the body's inner intelligence" to prevent and combat heart disease, the leading cause of death in the United States. Total Heart Health, according to the authors, is only possible when mind, body, and environment are all treated as one interconnected system. Part One of their book focuses on the Mind Approach - Transcendental Meditation (T.M.) - the cornerstone of the Maharishi Vedic Approach to Health, the health care system Schneider and Fields subscribe to. They present ample scientific evidence to show that T.M. reduces stress, hypertension, and results in a number of other heart-related health benefits. If Transcendental Meditation is the "inside" approach to health because of its emphasis on meditation, then Parts II and III of Total Heart Health present the "outside" approach - focusing respectively on the body and the environment. The authors present lots of good tips on exercise and diet suitable for different body types in Part II, and in Part III discuss the advantages of living in a healthy home designed according to the principles of "Vedic Architecture." The authors then reach for the stars in a discussion of "Vedic Astrology" and present imaginative diagrams on how different parts of the body may be correlated with the solar system. This book then ranges from the unified field of consciousness to the very heavens themselves.

[Download to continue reading...](#)

Total Heart Health: How to Prevent and Reverse Heart Disease with the Maharishi Vedic Approach to Health
Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice
NO More Heart Disease: How Nitric Oxide Can Prevent--Even Reverse--Heart Disease and Strokes
Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer)
The 30-Day Heart Tune-Up: A Breakthrough Medical Plan to Prevent and Reverse Heart Disease
Heal Your Heart: The Positive Emotions Prescription to Prevent and Reverse Heart Disease
Prevent a Second Heart Attack: 8 Foods, 8 Weeks to Reverse Heart Disease
Mysteries of the Ancient Vedic Empire: Recognizing Vedic Contributions to Other Cultures Around the World
The South Beach Heart Health

Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes (The South Beach Diet) The Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin Free Plan and Diet that Will Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) The Paleo Cure: Eat Right for Your Genes, Body Type, and Personal Health Needs -- Prevent and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) Healthy Vision: Prevent and Reverse Eye Disease through Better Nutrition Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer

[Dmca](#)