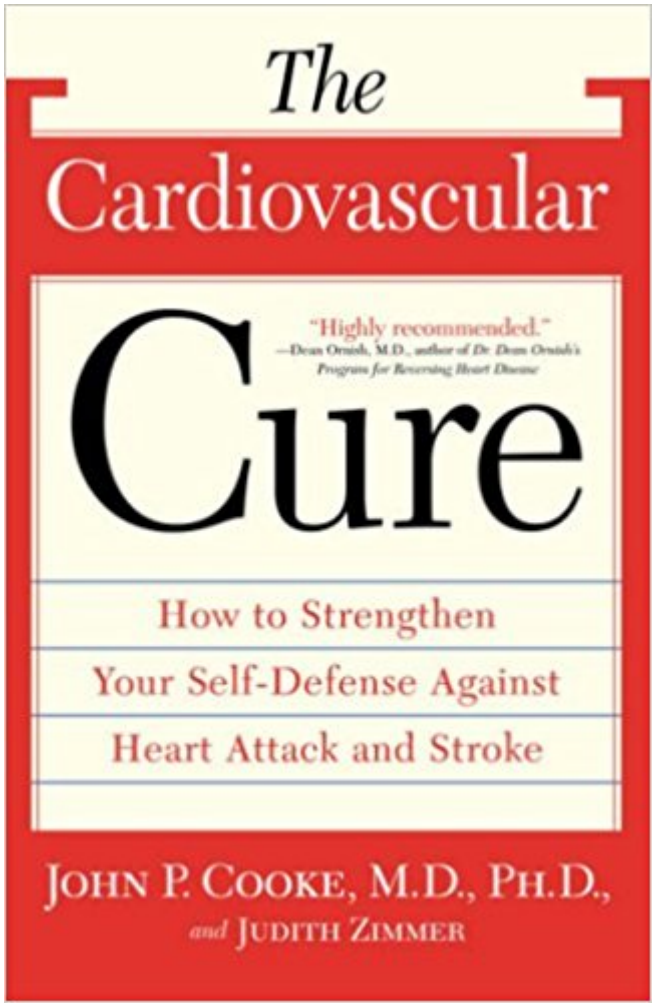
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The Cardiovascular Cure: How To Strengthen Your Self Defense Against Heart Attack And Stroke



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Synopsis

The Cardiovascular Cure offers a groundbreaking approach to preventing heart attack and stroke by enhancing your bodyÃ¢â ¬â„¢s own natural defenses. Dr. John Cooke, head of Stanford Medical SchoolÃ¢â ¬â„¢s vascular unit, has devised a powerful new method for fighting cardiovascular disease without bypass surgery or angioplasty. Drawing on his own investigations, as well as Nobel Prize-winning research from a team of American scientists, Dr. Cooke provides heart patients with a diet, supplement, and exercise program that will help them feel better in as little as two weeks. His program also works to prevent heart disease in those at risk.In 1998, the Nobel Prize in Physiology or Medicine was awarded for the discovery of EDRF (endothelium-derived relaxing factor), a chemical produced in the lining of the blood vessels, which keeps them free of plaque. Dr. Cooke and other investigators have found that specific nutrients can enhance EDRF production and improve blood flow in people with high cholesterol, high blood pressure, diabetes, or other risk factors for heart disease. This potentially life-saving book shows how anyone can achieve healthier blood vessels (the key to preventing heart disease). A two-week menu plan contains recipes that emphasize EDRF-enhancing foods, and there is detailed information on supplemental nutrients and vitamins that are useful in strengthening the cardiovascular system. Recipes from breakfast (Banana Date-Nut Bread; Blueberry Oat Pancakes; Pineapple Ginger or Tropical Smoothies; Pumpkin Muffins) to dinner (Moroccan Red Snapper; Chicken Wrap with Refried Beans; Soy-Glazed Salmon; Turkey Meatloaf) feature healthy fats found in fish, nuts, and olive oil. There is also welcome news that red wine and chocolate can be good for you (there are recipes for Double Chocolate Cake and Chocolate Raspberry Surprise). The exercise program consists of the same therapeutic plans Dr. Cooke has prescribed for even his most severely ill patients, many of whom begin to walk and even exercise more vigorously without pain after two weeks. In addition, there are aerobic workouts designed for more active patients. Dr. Cooke also provides state-of-the-art information (pro and con) on conventional drugsÃ¢â ¬â œfrom aspirin to beta blockersÃ¢â ¬â œand medical tests and procedures to further combat cardiovascular disease. With an introduction by Sir John Vane, a Nobel Prize-winning cardiovascular scientist, this book will provide anyone concerned about his or her cardiovascular health with new hope for a pain-free, disease-free life.From the Hardcover edition.

Book Information

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Customer Reviews

Ã¢â ¬Å“In The Cardiovascular Cure, Dr. Cooke has translated the research of our field into life-saving information that we can all use. If you really care about your cardiovascular health, you must read this book!Ã¢â ¬Â•--Louis J. Ignarro, Ph.D., 1998 Nobel Laureate in Physiology or Medicine for the discovery of Nitric OxideÃ¢â ¬Å“This authoritative book appropriately points out why everyone should worry about the health of their endothelium and, better still, do something to protect it if it shows signs of damage. Early identification and treatment of reduced nitric oxide release should be the preventive agenda for the new millenium.Ã¢â ¬Â•--Jay N. Cohn, M.D., Professor of Medicine, University of Minnesota Medical SchoolÃ¢â ¬Å“This book should be read by all patients with heart disease as well as anyone at increased risk for a heart attack or stroke. The comprehensive risk reduction program recommended by Dr. Cooke uses the most advanced research to help everyone improve the health of their blood vessels.Ã¢â ¬Â• --William L. Haskell, Ph.D., Stanford Center for Research in Disease PreventionÃ¢â ¬Å“The Cardiovascular Cure is a lucidly written description of EDRF and endothelial dysfunction. Treatment with exercise and a diet rich in arginine, vitamins, and anti-oxidants is important to the many patients prone to develop heart attacks or stroke.Ã¢â ¬Â•--Dr. Ferid Murad, M.D., Ph.D., Director of the Institute of Molecular Medicine at the University of Texas, 1998 Nobel Laureate in Physiology or MedicineÃ¢â ¬Å“Helping yourself prevent a heart attack means knowing more than your Ã¢â ¬Ëœcholesterol count.Ã¢â ¬â„¢ In this clearly written book, Dr. Cooke introduces you to the important role played by the endothelium (the lining of your blood vessels) in this process, and what you can do to keep this vital organ as healthy as possible.Ã¢â ¬Â•--Gerald Reaven, Professor of Medicine, Stanford University School of MedicineFrom the Hardcover edition.

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Boy how relevant this is today. And, with more than a decade of further knowledge, too many people are dying from these conditions. Knowledge is still power. Thank you, thank you for your research and this book. "Dr. Cooke is the world’s number one expert on the nutritional supplement

l-arginine and its antagonist, asymetric dimethylarginine. It’s a mouthful, but among the keys to cardiovascular health. Dr. Cooke speaks with the authority of someone who has performed a huge amount of the "bench" research himself. If you’re interested in knowing about the most powerful tools available to prevent heart attack and control cardiovascular risk, Dr. Cooke’s book is a crucial addition to your library." September 2004; William Davis, MD Sc.; author of (Track Your Plaque).

Very good explanations of heart disease and good solutions offered. I like Esselstyn’s book Prevent and Reverse Heart Disease better since he has done the research with live patients and followed up over many years, to verify his methods.

I take an L-Arginine product and the results are fantastic. The book truly describes how we can eliminate heart disease and is easy to read and understand for the average person.

This was a very interesting book about the heart and hypertension. I’m a retired nurse, and found it very informative.

Very informative for someone who is serious about being healthy.

A good book for those interest in NATURAL APPROACHES!

My sister bought me this book, right after I had some heart palpitations and was admitted to a hospital. I read the book THREE times! Dr. Cooke verifies what I already know and believe and gave me many more additional insights as well.But does it work? I applied Dr. Cooke’s principles and after only six weeks I saw major results, confirmed by my cardiologist, as well as with blood tests.Needless to say I bought 15 copies of the book and gave one to each of my family as presents. I will also buy more for my best friends.This book truly saved my life.

An insightful read into cardiovascular health. Tips and guidelines to incorporate good heart healthy choices into daily routine and lifestyle.

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