



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

*K. Lance Gould*

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## **Heal Your Heart: How You Can Prevent or Reverse Heart Disease** K. Lance Gould

Dr. K. Lance Gould's goals are better survival and improved health through the prevention and reversal of heart and vascular disease. His programme provides do-it-yourself steps and explores options beyond traditional medical procedures for more definitive solutions. "Heal Your Heart" can be used by anyone. Scientific information and practical guidelines are presented in full-colour illustrations and tables with nontechnical text that incorporate the most recent medical knowledge. Throughout the book, Gould outlines what questions to ask medical staff and how to manage your own reversal programme. The principles of reversing cardiovascular disease may be adapted to various lifestyles and personalities. This programme avoids multiple medical consultations and special equipment. The essentials are healthy living habits combined with medical management at home and work. For the minority of patients who may need balloon dilation or bypass surgery, Dr. Gould's reversal programme will provide optimal outcome by dramatically lowering further risk. For most people, this programme produces a sense of well-being and reduces or eliminates symptoms.

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