



Heart Attack Proof: A Six-Week Cardiac Makeover for a Lifetime of Optimal Health

Michael Ozner

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A combination of the newest blood tests, medications, and nutrition approaches have made coronary heart disease preventable, but for most of us, it's still not a question of *if*, but *when*. Renowned and leading preventive cardiologist Michael Ozner says there's no reason to wait until you have a heart attack or stroke.

In *Heart Attack Proof*, Dr. Ozner shares the same six-week cardiac makeover to prevent and reverse heart disease he has been successfully giving his patients for more than 25 years. Even if you've been diagnosed with heart disease or have undergone surgery, you can still improve your condition; his easy week-by-week plan arms you with the latest science and research to make you virtually heart attack proof. Learn:

In Week 1: What new blood tests can uncover hidden risks and save your life

In Week 2: How to get started on an exercise routine

In Week 3: Effective ways to manage stress

In Week 4: Scientifically proven approach to a heart-healthy diet and weight control

In Week 5: How to treat and reverse the metabolic risk factors

In Week 6: Which vitamins and supplements are beneficial for cardiovascular health

Complete with checklists to keep you on track and a heart-healthy 7-day meal plan and recipes, *Heart Attack Proof* gives you the toolkit to start your six-week journey toward a heart-healthy life!

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