

AVOIDING
Atherosclerosis



A Scientific Approach to Eating

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Avoiding Atherosclerosis Curtis Barrett:

Avoiding Atherosclerosis: A Scientific Approach to Eating Ronald L. Wathen, Curtis L. Barrett, 2012-12-03 Cardiovascular disease CVD due to atherosclerosis is the leading cause of death in the U S Consuming excess carbohydrate e g fructose alcohol and glucose in their decreasing order of proclivity to form fat in the liver is the cause of this problem Excess carbohydrate intake particularly fructose not cholesterol intake gives rise to one s so called bad cholesterol which causes atherosclerosis We have uniquely determined that one must eat right for your height to avoid obesity diabetes and fatty liver disease We pass our insights on to you including those involving sugar habituation or addiction Cognitive behavioral therapy offers a very effective means of self coping with habituation or addiction to either sugar or alcohol British Journal of Hospital Medicine ,1996-07 **Dissertation Abstracts International** ,1986 Preventing Atherosclerosis and Its Complications American College of Cardiology,1994 *Dare to Live* Stephen W. Parcell Nd,2011-02 Atherosclerosis is responsible for the majority of heart attacks and is the root of coronary heart disease Plaque buildup in the arteries causes atherosclerosis luckily however through knowledge of our bodies and making small and large changes in the way we live this deadly condition can be stopped and even reversed Dare to Live by author and naturopathic doctor Stephen W Parcell brings to the forefront natural preventive and medically proven strategies for combating coronary artery disease and its effect on our lives This is not a diet book or an attempt to push a new fad Dare to Live is a first of its kind look at atherosclerosis from the naturopathic medical standpoint Rather than just telling us what to do Parcell presents in language accessible to everyone the causes of the disease the rationale behind assessing risk for it the purpose of the various tests he recommends and the scientific evidence behind his recommendations Understanding what our bodies are trying to tell us is the first big step in preventing heart disease and the next big step acting on our knowledge can teach us more than we might believe possible By pursuing natural scientific methods we can keep health close to our hearts and keep a major killer away from ourselves and our loved ones

Whispering the Strategies of Language: An Emotional Quest through **Avoiding Atherosclerosis Curtis Barrett**

In a digitally-driven world where monitors reign supreme and instant transmission drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within words usually go unheard. However, situated within the pages of **Avoiding Atherosclerosis Curtis Barrett** a charming fictional prize sporting with raw thoughts, lies an exceptional journey waiting to be undertaken. Published by a talented wordsmith, this enchanting opus invites readers on an introspective trip, softly unraveling the veiled truths and profound affect resonating within the cloth of each word. Within the mental depths with this touching review, we shall embark upon a heartfelt exploration of the book's core themes, dissect its captivating publishing fashion, and fail to the strong resonance it evokes heavy within the recesses of readers' hearts.

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Avoiding Atherosclerosis Curtis Barrett Introduction

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