



# What Your Doctor May Not Tell You about Heart Disease

By Mark Houston

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Coronary heart disease has long been the number one killer in this country, and for decades, we have been told about five basic risk factors: elevated cholesterol, high blood pressure, diabetes, obesity, and smoking. But the truth is that heart disease is much more complex-- with close to 400 risk factors!

In this innovative guide, Dr. Mark Houston helps readers discover the causes of heart disease, how to prevent and treat its debilitating effects via nutrition, nutritional supplements, exercise, weight management, and lays to rest to various myths (cholesterol is *not* the primary cause) based on scientific studies and medical publications.

Readers will also learn how to indentify the risk factors most likely to endager them and construct an arsenal of non-pharmacological preventive strategies that can counteract this most deadly disease.

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### **Editorial Review**

#### **About the Author**

Dr. Houston is presently Associate Clinical Professor of Medicine, Vanderbilt University School of Medicine and Director of the Hypertension Institute, Vascular Biology and the Life Extension INstitute at Saint Thomas Hospital in Nashville, TN.

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