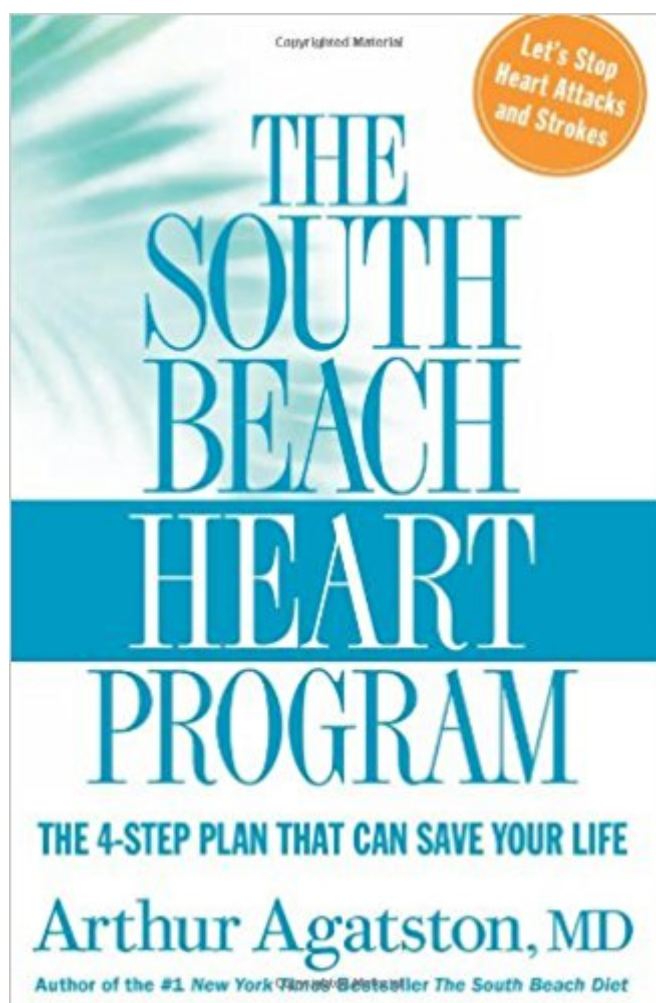


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# The South Beach Heart Program: The 4-Step Plan That Can Save Your Life (The South Beach Diet)



## Synopsis

Assess your cardiac risks, avoid unnecessary surgery, and beat the odds of suffering from cardiovascular disease with this groundbreaking book. Let pioneering cardiologist and #1 bestselling author Dr. Arthur Agatston teach you: Why your cholesterol level may not accurately indicate your risk for heart attack How a simple noninvasive heart scan can reveal if you are a cardiac time bomb How you can have a negative stress test and still be at risk for a heart attack Why belly fat can be deadly—and what you can do about it What you need to know about life-saving state-of-the-art blood testing, heart imaging, medications, and more How to transform your lifestyle with a satisfying heart-healthy eating and exercise program that's easy to integrate into your daily routine...and more with The South Beach Heart Health Revolution. Change the way you treat your health, your heart, and your approach to living well—now! --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

**Book Description**A pioneering cardiologist and the author of the international bestseller The South Beach Diet presents the truth about cardiac care in this country and offers his proven program for preventing heart attacks and strokes. This year alone more than 1 million men and women in this country will suffer a heart attack or stroke. The shocking fact is that the majority of heart attacks and strokes can be prevented with the medical knowledge we already possess. Yet this isn't

happening. Why? Because doctors and hospitals are paid more to treat disease with invasive techniques like angioplasty and bypass surgery than to prevent it. In his most personal and passionate work yet, Dr. Arthur Agatston champions a revolution in heart disease prevention that will enable people to stay out of the hospital and off the operating table. In Part 1 of this compelling book, he tells you why seemingly healthy people can suddenly have a heart attack and why people with great cholesterol numbers can be walking time bombs. He explains why belly fat can be an early warning sign of future heart disease and why a noninvasive heart scan can help predict your risk of heart attack. In Part 2, he presents the South Beach Heart Program, his 4-step plan for detecting, preventing, and even reversing heart disease: The 4 steps include: Heart-healthy eating, regular aerobic and core-strengthening exercise, state-of-the art diagnostic testing, and the latest heart-protective medications, as necessary. Thanks to his aggressive prevention approach, Dr. Agatston rarely sees a heart attack or stroke in his practice. Now you can benefit from the prevention strategy he uses to help his patients every day. "What Size Is Your Cholesterol?" An Essay by Arthur Agatston, MD You may think that the title of this article is a mistake and that I meant to say, "What Number Is Your Cholesterol?" But the fact is that the size of your cholesterol is just as important as the total number. If that surprises you, there is a good chance that much of what you think you know about cholesterol is wrong and that what you don't know about cholesterol could be killing you. Luckily, there are now tests that can determine the size of your cholesterol and whether it is a problem. And there are steps you can take to do something about it if it is. As I explain in The South Beach Heart Program, the earlier you know where you stand in terms of your risk for heart disease, the greater your chance of preventing a heart attack or stroke in the future. Before I go into how you can find out the size of your cholesterol, let me give you a little background on cholesterol in general. Continue reading "What Size Is Your Cholesterol?"

“Dr. Agatston has been a guest on my show with this book. Unfortunately, it was too late to help me but, maybe, not you. The doctor is here with a revolution that can save your life.”

•Regis Philbin “Another masterpiece! The author of The South Beach Diet has taken a sharpshooters aim at heart disease, the Normandy Beach for half of all Americans.”

•Mehmet Oz, M.D., bestselling coauthor of You: An Owner's Manual and You: On a Diet “This book is a must-read for everyone who wonders about their risk, and the risk of a loved one, to suffer a heart attack and what to do about it.”

•H. Robert Superko, MD, FACC[MD1], FAHA; chairman, Molecular, Genetic, and Preventative Cardiology, Fuqua Heart Center of Atlanta

--This text refers to an out of print or unavailable

edition of this title.

I went on the South Beach diet in January. At my semi annual cholesterol physical in May I had dropped my cholesterol 40 points, I lost 20 pounds, lowered my triglycerides to 92 increased my good cholesterol, from 49 to 54, and decrease my total ratio from 5.2 to 2.6. In this book, Dr. Agatston explains how this all happened. In my opinion, this book could make you much healthier by helping you to realize exactly what's happening with your heart and could possibly save your life! Love this book -love the South Beach diet!!! Thank you Dr. Agatston!

This book changed my life! Being on the north side of 60, I had accumulated many bad eating habits and with a family history of heart disease I knew I was living with a short fuse. After reading "The South Beach Heart Program" I've lose nearly 20 pounds (and never remember really being hungry) and my blood work hasn't looked this good in about 30 years. Thank you Dr. Agatston.

If you have a health problem, particularly your heart, you have got to read this book. Turn back time if you make the commitment and follow through. You can be a healthier you. You can live healthy and be healthy without starving yourself or being on some ultra regimented diet/exercise program. Down to earth, realistic and doable.

Filled with much needed information on how we can be in charge of our own health and take the necessary steps to insure good heart health. Wish more people would read this as some of the population needs to start making healthier choices in how they eat and exercise. Who wants to fear having a heart attack when we take take measures to prevent them. Dr. Agatston states that heart attacks can be avoided. Need more to read what he has to say.

I have the first South Beach book and it's good, but since I'm older now I was curious as to the difference in the original book and this one. This book is great! He explains the science behind the diet and the more I read the more I wanted to read. I highly recommend this book, especially if you have heart concerns due to a medical condition or just aging and you want to learn more about protecting your heart to live longer and feel better while you're here.

I am a Registered Nurse and believe that this book WILL save lives if people will use his program. I brought my total cholesterol down 80 points in just 3 months-in my case, using old-fashioned

oatmeal and 2 tbsp. milled flaxseed EVERY morning for breakfast and THEN following the South Beach Diet for the rest of the day. (I cannot go almost completely without carbs, it doesn't work for me.) My HDLs (good) are OVER 85 and my LDLs (bad) are less than 120. Triglycerides were great, at less than 100. My doctor was so shocked, he searched my records to make sure he had not prescribed a statin medication! I hope this is not too technical and helps you.

I bought this book a month or so ago. No book (even the South Beach Diet book) has had more impact on my life, than this one. First, it made me stop and think of the abuse I have been inflicting on my body for so many years. Second, scared me into doing something about it. Thus I have been diligent following both the South Beach Diet, and starting an exercise plan I can follow and live with. The book is almost like a textbook, but with language anyone can follow. There are a wide variety of tests we need to have run to know where we stand with heart disease, diabetes, etc. And Dr. Agatston spells it all out for the lay person to understand and accomplish. This is a book that everyone who cares about living to a ripe old age should read. And you should wait till you're 50 to read it. Buy it now!! Truly, this 4-Step Plan may save your life.

If you read the South Beach Diet you will absolutely love this book. While it touches on some of the principles of the diet, it has much more to offer. The writing style is easy to follow and very informative and the book is loaded with practical information. If you are concerned about your heart health, this book is a must read. The book has motivated me to speak to my doctor and medication and other treatments, to exercise more and eat better and healthier foods. The author is very inspiring to read as he was in the South Beach Diet as well. Dr. Agatston seems very well informed, educated and highly experienced in heart health matters. This book has excellent medical advice and lifestyle recommendations that can be easily attained by all. Read this book and you too may live a longer and more productive, healthier and happier life.

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