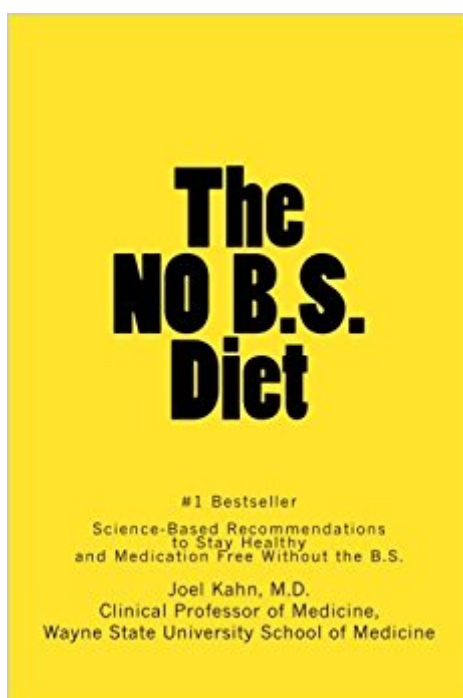


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# The No B.S. Diet: Science-Based Recommendations To Stay Healthy And Medication Free--Without The B.S.



## Synopsis

The No B.S. Diet Science-Based Recommendations to Stay Healthy and Medication Free

Without the B.S. If your lifestyle is good, your genes get the message to make good proteins that promote health. Within less than an hour of eating a high-fat meal, your arteries show a major drop in health. Eating whole grains like whole wheat breads and pasta directly results in less heart disease, diabetes, cancer and obesity. Eating soybean products like edamame, tempeh or organic tofu produces less heart disease, less cancer and longer lifespans. Raw nuts and seeds give rise to longer lives and less heart disease, diabetes and obesity. Colorful fruits and vegetables contain chemicals called polyphenols that lower your cholesterol and strengthen your arteries. Meat, including fish, directly connects you to developing a wide array of health problems. While you cut back on meat, increase your servings of whole fruits and vegetables. Finland's high heart attack rate dropped over 80 percent by reducing animal fats in the diet. Cut back on salt, a health offender that can raise your blood pressure and damage your arteries. When healthy people eat whole eggs, their cholesterol goes up.

## Book Information

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## Customer Reviews

Dr. Joel Kahn is a cardiologist whose personal mission of "1 Million Heart Attacks Prevented" is embraced by the U.S. Surgeon General. As "America's Holistic Heart Doc," Dr. Kahn has practiced invasive, interventional and preventive cardiology since 1990. He was the world's first physician to complete the University of South Florida's Metabolic Cardiology certification program. Dr. Kahn's unique brand of cardiology combines the best of Western and complimentary therapies for total healing. For 25 years, Dr. Kahn has improved the lives and vitality of thousands of

his patients, taking many from chronic health limitations to vibrant living. His devotion to patient care has earned him top honors, including nomination as a Top Doctor in Cardiology for many consecutive years. Reader's Digest selected Dr. Kahn for its Holistic Heart Doc column and published his #1 Top Selling book, *The Whole Heart Solution*. His second book, *Dead Execs Don't Get Bonuses*, was published in 2015 and is on the #1 Bestseller List. The Huffington Post and MindBodyGreen.com publish Dr. Kahn's medical views for a combined circulation of 50.1 million unique monthly visitors. He is a frequent guest on radio, podcasts, and TV, including regular appearances on Detroit's Fox 2 TV as a health commentator. A Yahoo Health Advisory Board member, he sits on The Food Babe Advisory Council. Learn more at [www.drjoelkahn.com](http://www.drjoelkahn.com).

It is a concise and very informative book about the effects of a plant based diet in fostering good health and helping to prevent and reverse diseases such as heart disease, cancer and diabetes. Each short chapter gives great information with links to more detailed explanations if that particular chapter is of greater interest to the reader.

Easy read with great links. One can learn a lot from Joel.

I adopted a vegetarian lifestyle last year and have already realized health benefits from it including outstanding cholesterol test results. Dr Kahn's 'no B.S.' nutrition advice based on various studies and his personal outcome has made me want to move closer to a vegan diet.

Loved it. Enough information. Easy to read.

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The No B.S. Diet: Science-Based Recommendations to Stay Healthy and Medication Free--Without the B.S. Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans) (Volume 73) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get

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