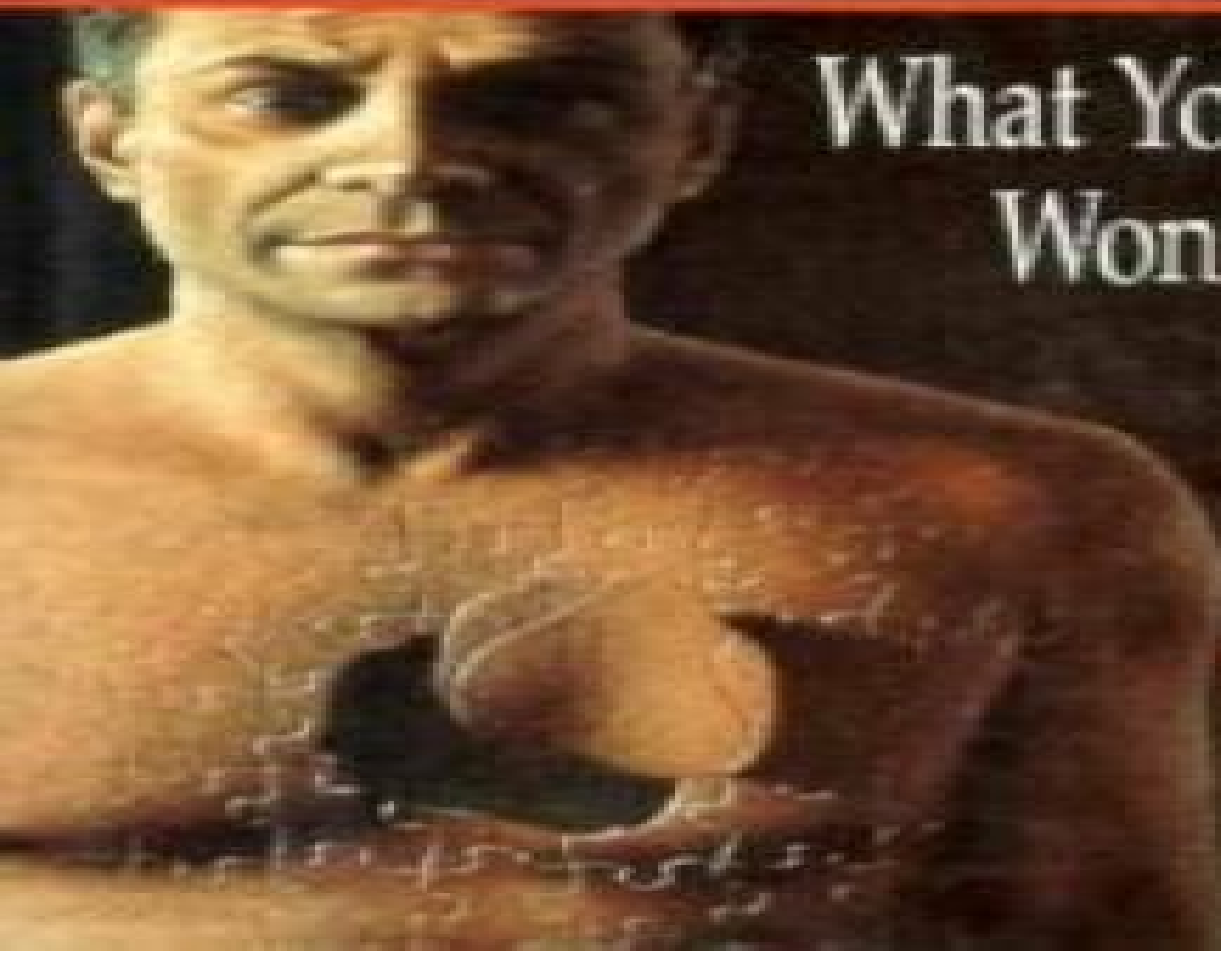


# IS HEART SURGERY NECESSARY?

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What Your Doctor  
Won't Tell You

JULIAN  
WHITAKER,  
M.D.



# Heart Disease What Your Doctor Wont Tell You

**Jonathan Dahl**



## **Heart Disease What Your Doctor Wont Tell You:**

**Heart Health: What Your Doctor Won't Tell You** Pasquale De Marco, 2025-07-26 Heart Health What Your Doctor Won't Tell You is a groundbreaking exposé of the heart health industry revealing the shocking truth behind the profit driven motives and questionable practices that have misled millions of people. With meticulous research and compelling evidence, this book challenges long held beliefs and empowers individuals to take control of their heart health. Unveiling the Flawed Science of Heart Disease: The book delves into the flawed science that underpins many conventional heart health practices. It debunks the cholesterol myth, exposing the weak evidence supporting statin drugs and questioning the efficacy of invasive procedures like angiograms and bypass surgeries. It challenges the reliability of heart disease risk calculators and exposes the hidden dangers of these interventions. Exploring Alternative Approaches to Heart Health: Beyond critiquing conventional approaches, Heart Health What Your Doctor Won't Tell You offers a comprehensive guide to alternative and holistic strategies for achieving heart health. It emphasizes the power of lifestyle changes, including a heart healthy diet, regular exercise, stress management, and natural remedies. The book provides practical tips and actionable steps for readers to improve their cardiovascular well-being naturally. Empowering Individuals to Navigate the Healthcare System: Recognizing the complexities of the healthcare system, the book provides invaluable guidance on how to navigate this often bewildering landscape. It equips readers with the knowledge and tools they need to advocate for their health rights, ask informed questions, and make empowered decisions about their treatment options. Unmasking the Myths and Misconceptions: Heart Health What Your Doctor Won't Tell You relentlessly exposes the myths and misconceptions that have been perpetuated by the heart health industry. It challenges the fear-based marketing tactics and misleading claims that have instilled unwarranted anxiety in countless individuals. The book encourages readers to question the motives behind prescribed treatments and medications, promoting a critical and informed approach to heart health. A Call to Action for Genuine Heart Health: This book serves as a clarion call for genuine heart health, emphasizing the importance of prevention and empowering individuals to take ownership of their well-being. It inspires readers to embrace a holistic approach to heart health, prioritizing lifestyle changes, stress reduction, and emotional well-being. With its unwavering commitment to truth and transparency, Heart Health What Your Doctor Won't Tell You empowers readers to break free from the grip of deception and embark on a journey towards authentic heart health, free from unnecessary interventions and fear-mongering tactics. If you like this book, write a review.

**Heart Disease** Rodger H. Murphree, 2006-02 Almost one million Americans die each year from cardiovascular related illnesses. This number accounts for 41% of all deaths in the United States each year. In fact, cardiovascular disease claims as many lives as the next eight leading causes of death combined, including cancer, accidents, and AIDS. And despite an aggressive campaign launched by the American Heart Association to counter the epidemic of heart disease, one person dies from it every 33 seconds. For nearly four decades, we have relied on medical myths to guide us in our attempts to prevent and

treat cardiovascular disease We have been told to reduce our cholesterol saturated fat intake and to take lipid lowering medications This book examines these myths and gives readers the facts to make better choices and live longer lives free of heart disease

***What Your Doctor Won't Tell You*** David Sherer, 2021-03-16 THIS BOOK WILL SAVE YOUR LIFE NEWSMAX

In WHAT YOUR DOCTOR WON T TELL YOU The Real Reasons You Don t Feel Good and What YOU Can Do About It Dr Sherer provides readers with verifiable information about current medicine healthcare and relevant public policy so they can make their own best judgments as to whether a change in their behavior will if they are inclined effect a positive change in your life He strips away the veneer of political correctness when it comes to health and provides the basic truths behind the implications of the daily decisions we make that affect our health These decisions mostly based in how we approach food physical activity our mental and emotional states our interactions with others and our approach to accessing healthcare have profound effects on our physical mental and emotional states Rather than being a book on how to eat how to exercise how to shop for a health plan and so on this work strives only to inform Because with information comes power And with power there is the potential for positive change Bold enough to tell you what many medical professionals haven t the courage to say Dr David Sherer s book is chock full of inside information on health healthcare related public policy as well as the latest in prevention diagnosis and treatment of diseases from depression diabetes and heart disease to autoimmune disorders neurological diseases and asthma WHAT YOUR DOCTOR WON T TELL YOU delivers straight unfiltered and evidence based answers on topics such as The real causes of the obesity epidemic and how it can be tamed Your best options for anesthesia for different surgeries and procedures The difference between an MD and a DO and why it matters Why colon cancer is skyrocketing in young people The best ways to buy and use medical cannabis 7 ways to make outpatient surgery safer and much much more WHAT YOUR DOCTOR WON T TELL YOU The Real Reasons You Don t Feel Good and What YOU Can Do About It will become your primary source for all those questions your doctor doesn t have time to answer answers that can save your life

***What Your Doctor Won't Tell You About Getting Older*** Mark Lachs, M.D., 2011-08-30 Aging well frequently involves feeling your way blindly through a complex medical world dealing with multiple doctors facing baffling financial decisions and figuring out whether you or a parent needs care outside the home What Your Doctor Won t Tell You About Getting Older turns the lights on illuminating potential pitfalls and showing a way around them This book is an indispensable survival guide gathering all the information you need to have but that too often doctors just don t give you Writing with great experience and good humor renowned geriatrician Mark Lachs explains how to choose your doctors stay out of the emergency room plan financially for retirement outfit your house to stay safe and most important how to have as many healthy years as possible

***What the Drug Companies Won't Tell You and Your Doctor Doesn't Know*** Michael T. Murray, 2009-06-30 It is estimated that approximately 70 percent of patients with chronic daily headaches suffer from drug induced headaches Antibiotics are widely prescribed for ear infections bronchitis and sinusitis and yet in more than 90

percent of cases the drugs are useless Careful review of all the major statin drug studies in subjects without clinical evidence of heart disease shows that there are no significant differences in mortality between people who took cholesterol lowering agents and those who took a placebo Individuals whose diets include a higher intake of fish oils or who take fish oil supplements can reduce their risk of heart disease or stroke by roughly 47 percent compared to those individuals who do not eat fish or take fish oil supplements With about 700 000 practicing physicians in the United States it is estimated that the drug industry spends approximately 60 000 in marketing dollars per physician per year In 1992 the average senior received 19.6 prescriptions per year in 2005 that number had nearly doubled to 34.4 It is estimated that simply by supplementing the diet with 1 000 to 1 200 mg of calcium and 800 to 1 000 IU of vitamin D more than half of all hip fractures due to osteoporosis might be prevented Special preparations of peppermint oil have been shown to be more effective than standard drug therapy and have no side effects in relieving all the symptoms of irritable bowel syndrome Peppermint oil preparations produce dramatic clinical improvement in approximately 70 to 85 percent of cases within a two to four week period

**Book jacket** *Prostate Cancer: What Your Doctor Won't Tell You* Matthew M. Cooney, M.D., 2012-01-10 Prostate cancer treatment options can be overwhelming Your doctor does not have the time or energy to answer all of your questions You need a trusted partner to help navigate your treatment options Dr Cooney answers your prostate cancer questions in a clear concise manner Topics covered in this book include hormonal therapy chemotherapy immune therapy sexual health exercise and prostate cancer Educate yourself to make the most informed decisions about your prostate cancer treatment **Dr. Suzanne Steinbaum's Heart Book** Suzanne Steinbaum, 2014-01-28 In the tradition of Christiane Northrup a renowned cardiologist integrates emotional and physical well being in a revolutionary new approach to women's heart health As a cardiologist with a specialization in women's heart disease Dr Steinbaum has helped thousands of patients resolve their heart issues and aims to do the same for readers in her inspirational book that will change the way we think about heart health She guides readers through the risk factors of heart disease from the traditional physical benchmarks like weight cholesterol and blood pressure to lifestyle habits emotional awareness and even the way she sees herself in the mirror and in the world In Dr Suzanne Steinbaum's Heart Book readers are shown clear easy steps on how to maximize heart health This is a life book that will teach women how to regain control over all aspects of their busy lives including how to finally achieve A heart healthy diet Heart supportive exercise Heart enhancing stress management Heart filling relationships A sound night's sleep A more satisfying sex life A calm focused mind A deep level of self care And much much more Dr Suzanne Steinbaum's Heart Book strives to bring forth a new approach to heart centered healing so that readers everywhere may experience a fulfilling life of health and happiness *The Engine 2 Seven-Day Rescue Diet* Rip Esselstyn, 2016-12-27 The runaway New York Times bestselling diet that sparked a health revolution is simpler and easier to follow than ever The Engine 2 Diet has sold hundreds of thousands of copies and inspired a plant based food revolution Featuring endorsements from top medical experts

and a food line in Whole Foods Market Engine 2 is the most trusted name in plant based eating Now Esselstyn is presenting a powerful accelerated new Engine 2 program that promises staggering results in record time In just one week on The Engine 2 Seven Day Rescue Diet readers can expect to Lose weight up to 14 pounds Lower total cholesterol by 32 points on average Drop LDL cholesterol by 22 points on average Lower triglycerides by 75 points on average Lower blood pressure by an average of 10 5 points The Engine 2 Seven Day Rescue Diet will bring the benefits of the Engine 2 program to a whole new audience of readers by showing that all it takes is seven days to see incredible and motivating results DIV DIV Ebony,2002-03 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *What Your Doctor Won't (Or Can't) Tell You* Evan Scott Levine,2004-12 A practicing internist and cardiologist reveals the failures of American medicine and shows readers how they can avoid becoming a statistic Herbal Defense Robyn Landis,Karta Purkh Khalsa,2025-05-01 With Herbal Defense bestselling fitness author Royn Landis teams up with master herbalist Karta Purkh Singh Khalsa to offer a guide to herbal remedies for everyday ailments **Take Control of Your Menopause: Teach Yourself** Janet Wright,2010-08-27 Teach Yourself the world s leading learning brand is relaunched in 2010 as a multi platform experience that will keep you motivated to achieve your goals Let our expert author guide you through this brand new edition with personal insights tips energising self tests and summaries throughout the book Go online at [www.teachyourself.com](http://www.teachyourself.com) for tests extension articles and a vibrant community of like minded learners And if you don t have much time don t worry every book gives you 1 5 and 10 minute bites of learning to get you started Offers the very latest advice on both complementary and traditional therapies including natural therapy and HRT Gives you not only advice on coping with symptoms but how to prevent them Explains clearly exactly how your body is changing Plenty of practical suggestions for nutrition fitness and coping with emotional ups and downs One of the few really objective guides that just tells you what you need to know Written by an experienced health writer who ll explain all the issues in the clearest manner possible so you can make a choice that works for you Teach Yourself Your Menopause will give you a clear and steady path through the maze of conflicting information offering a comprehensive guide to the years immediately before during and after the menopause and treating it not as a disease but as another stage in your life It will explain what exactly is happening in your body and help you understand the physical mental and emotional impacts signs and symptoms of these changes It will offer you support as you face the end of your fertile years realistic advice for contraceptive choices and insight into your sexuality at this stage You will receive the latest guidance on what treatment you should and shouldn t seek for any difficult symptoms from traditional medicine and natural alternatives alike and practical tips on lifestyle choices such as fitness nutrition and mind and mood in this comprehensive and supportive guide to making the period both during and after the menopause as satisfying and fulfilled as possible *The Rave Diet & Lifestyle* Mike Anderson,2009-03-01 A brilliant program I highly recommend it Neal Barnard M D author of Program for

Reversing Diabetes The Rave Diet Lifestyle describes a diet and lifestyle program that is designed for weight loss as well as the reversal of a wide range of diseases including heart disease and diabetes and the prevention of our common cancers The author explains why Americans cannot lose weight why modern diets don't work and shows you how to reach your ideal weight by going back to the old fashioned foods Americans used to eat before losing weight was a problem The book describes the relationship between diet and disease and explains why the standard American diet is responsible for the two largest killers in America today cardiovascular disease and our common cancers It also explores the relationship of diet to other diseases and how government policies are promoting diet related diseases For more information go to [RaveDiet.com](http://RaveDiet.com)

**13 Things Rich People Won't Tell You** Jennifer Merritt, Roe D'Angelo, 2013-09-12 Did you read about the janitor who donated 1 million dollars to his local library Do you ever watch in amazement as your well off boss haggles over the price of a tuna fish sandwich Is it possible to find an advisor to help you invest your money without losing it all to a Bernie Madoff like con man In the same spirit of Reader's Digest magazine's popular 13 Things They Won't Tell You series the editors at America's Most Trusted Magazine have developed the ultimate roadmap for making the most of your money and avoiding the wallet sucking scams that are keeping you off Easy Street We talked to everyday and not so everyday rich folks and to the experts who helped make them rich to learn their secrets on what to save for how much to save and where to stash cash so that it grows hint not that bank savings account We also got their tips for developing rich guy vision The uncanny ability to make financial goals and reach them in five ten even 20 years while smartly navigating economic pitfalls and surprises You'll learn what services you should be getting for free how to ask the right questions to get behind the scenes deals and how to live rich even on an everyday budget You'll stop wasting money blowing your budget or flying blind without one and getting scammed This book will enlighten you horrify you and give you a whole new perspective on when to spend and when to stash it deep in your pockets Inside you'll discover countless eye opening strategies for Saving and investing The savvy tricks you need to know to grow your money wisely from branching out beyond your 401K to getting tax breaks you didn't know you deserved Plus what the IRS stockbrokers and bankers won't tell you House and home All the tips your rich neighbors might not want you to know including smart versus stupid renovations smart ways to increase your home's value advice on first and second mortgages buying and selling your home Plus what your mortgage lender and real estate agent won't tell you The Household Budget How to build a budget that lets you live rich while saving Topics include smart vs stupid splurges online budget tools and calculators tips for saving on utilities gasoline groceries and car repairs College planning Some of the most famous rich people in the country Mark Zuckerberg anyone are also famous for dropping out of college You'll get out of the box thinking about the value of private versus public universities 529 plans loans scholarships and financial aid advice from college admissions officers Of course millionaires also tell us how they made money by following their hearts and doing what they love and you can approach your kids education with that in mind Plus what your scholarship and test prep services

financial planner and student loan company won't tell you Retirement How the rich really want to spend their golden years and the clever ways they seed the ground now to ensure their retirement dreams bloom and flourish later Plus what your 401 k manager pension plan and financial planner won't tell you Along the way you'll discover top savings strategies for clipping coupons and hunting down bargains how to pass Go and collect the big salaries and the biggest mistakes that cost the rich their fortunes With this handy companion you'll have all the savvy patience and smarts you'll ever need to get ahead and stay there

*Vitamin K2 and the Calcium Paradox* Kate Rheaume-Bleue, 2011-12-19 The secret to avoiding calcium related osteoporosis and atherosclerosis While millions of people take calcium and Vitamin D supplements thinking they're helping their bones the truth is without the addition of Vitamin K2 such a health regimen could prove dangerous Without Vitamin K2 the body cannot direct calcium to the bones where it's needed instead the calcium resides in soft tissue like the arteries leading to a combination of osteoporosis and atherosclerosis or the dreaded calcium paradox This is the first book to reveal how universal a Vitamin K2 deficiency is and the risk in the form of cancer and diabetes among other ailments the absence of Vitamin K2 poses Written by Dr Kate Rheaume Bleue a popular health expert on Canadian television and radio Vitamin K2 and the Calcium Paradox sounds a warning about the popularity of the calcium and Vitamin D craze while illustrating the enormous health benefits of Vitamin K2 in making the body less susceptible to dental cavities heart disease prostate cancer liver cancer diabetes wrinkles obesity varicose veins and other ailments The book demystifies this obscure supernutrient a fat soluble vitamin that humans once thrived on ignored by scientists for almost seventy years Details how the consumption of grass fed animals led to adequate Vitamin K2 intake while grain based animal feed helped eradicate Vitamin K2 from our diets Describes how doctors are raising recommended doses of calcium and Vitamin D without prescribing Vitamin K2 Details more damning facts about trans fats and how the creation of a synthetic Vitamin K interfered with the body's Vitamin K metabolism An essential book for anyone interested in bone health or maintaining their overall health Vitamin K2 and the Calcium Paradox is the guide to taking the right combination of supplements and adding Vitamin K2 to a daily regimen

**Brush Your Teeth!** David S. Ostreicher, 2008-08-15 These days we are constantly reminded of threats to our health and the well being of our children They include preservatives artificial additives air and water pollution and drug resistant viruses just to name a few Thanks to advances in technology more information than ever is available to us but with so many sources offering advice it often leads to confusing and contradictory suggestions about maintaining optimum health As a result it is easy to lose track of what the real perils are The American public has been misdirected We have substituted myths snake oil and false advertising for basic good sense and physical hygiene This book is a refreshing and easy to use guide for being naturally healthy and happy again From publisher description [Cincinnati Magazine](#), 1993-11 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region *Recovering the Self* Ernest Dempsey, 2009-12-01 This quarterly journal explores the themes of recovery and



healing through poetry memoir essays fiction humor media reviews and psycho education Areas of concern include aging disabilities health abuse recovery trauma PTSD anxiety and depression     1,001 Things They Won't Tell You Jonathan Dahl,2009-01-01 Offers insider knowledge and tips for consumers on one hundred businesses professions and institutions including insurance agencies real estate brokers funeral directors home builders dentists financial planners plumbers and personal trainers     *The Customized No "No-Nos" Weight Loss Plan* Holly Bergeim,2001-09-17 No pain no pills no no nos no drawbacks no lifestyle changes rapid weight loss feeling good the whole time customize the plan to your needs with the doc s help and approval And prove to yourself that it can t fail What more can you want

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## Heart Disease What Your Doctor Wont Tell You Introduction

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