



The Heart Revolution

Kilmer McCully, Martha McCully

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A safe, effective, and revolutionary program for lowering homocysteine levels and cutting your risk of heart disease

In this groundbreaking book, Dr. Kilmer S. McCully explains what is really behind the epidemic of heart disease. For many years, clogged arteries have been inaccurately viewed as the cause, rather than a symptom, of heart disease. Now, McCully shows you how to cut your risk of heart disease by controlling the real culprit, homocysteine. Considered one of the most significant medical breakthroughs in recent years, McCully's findings have been validated by numerous large-scale studies. *The Heart Revolution*:

- Challenges the long-held assumption that lowering cholesterol is the key to preventing heart disease
- Explains how eating vitamin B-rich food can control homocysteine levels
- Lays out a plan with menus for putting more B vitamins in our diet
- Discusses how food processing and additives compromise our health
- Explains how costly cholesterol-lowering medicines can actually harm our health

Eat Your Way to a Healthy Heart

Pork Chops with Potatoes and Onions, Veal with Wine and Mushrooms, Guacamole, Omelettes. This is not your typical diet program. Dr. McCully offers real food choices with fresh ingredients available just about everywhere. The focus is on delicious foods that will leave you satisfied. The purpose is to make sure you're getting enough of the vitamins needed to prevent heart disease—B6, B12, and folic acid, as well as essential, phytochemicals, fat-soluble vitamins, minerals, antioxidants, and essential oils. It's easy to follow this plan as it relies on foods you want to eat with little preparation time and tons of variety.

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