



## **Prevent a Second Heart Attack: 8 Foods, 8 Weeks to Reverse Heart Disease**

*Janet Bond Brill Ph.D. R.D., Annabelle S. Volgman M.D.*

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**Reverse Your Heart Disease in Just Eight Weeks by Harnessing the Power of the Mediterranean Diet**

If you're one of the 13 million Americans who have survived a heart attack or been diagnosed with heart disease, Dr. Janet Bond Brill offers a delicious and foolproof plan that can lower your risk of a second heart attack by up to 70 percent. Inspired by the heart-healthy Mediterranean diet, the Prevent a Second Heart Attack Plan is based on satisfaction, rather than deprivation.

Backed by cutting edge research, Dr. Brill explains:

- Why the Mediterranean diet is the gold standard of heart-healthy eating
- How “good carbs” such as oatmeal and popcorn lower bad cholesterol, prevent high blood pressure, and control your weight
- The science behind eating fish for heart health
- Why having a glass of red wine with dinner is great for your heart—and which wines are the best choices
- The easiest, most delicious daily habit that will cut your heart attack risk

Packed with every tool you need to eat your way to better heart health—including daily checklists, a complete two-week eating plan, and dozens of mouthwatering recipes to suit every meal, taste, and budget—*Prevent a Second Heart Attack* provides you with the knowledge, skills, and confidence to live long and enjoy the good life, the heart healthy way.

JANET BOND BRILL, Ph.D., R.D., LDN, is a diet, nutrition, and fitness expert who has appeared on national television. She is the author of *Cholesterol Down: 10 Simple Steps to Lower Your Cholesterol In 4 Weeks Without Prescription Drugs*, and specializes in cardiovascular disease prevention. Dr. Brill lives in Pennsylvania with her husband and three children.

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