

The Paleo Cardiologist: The Natural Way to Heart Health

By Jack Wolfson

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Medical doctors have no idea how to prevent heart disease.

All they know how to do is push dangerous pills and procedures.
Learn the truth in The Paleo Cardiologist, The Natural Way to Heart Health.
Everything you were told about cholesterol is wrong.
LDL is not the "bad" cholesterol. That is pharmaceutical company propaganda.
Heart disease is not genetic....it is from poor nutrition and chemical toxins.
"The Paleo Cardiologist" is about finding the cause of heart problems, instead of the typical Band-Aid fixes of conventional medicine.
The truth is that heart disease can be prevented naturally and cardiologist Dr. Jack Wolfson will show you how.

For 16 years Dr. Wolfson worked as a hospital cardiologist performing coronary angiograms and pacemakers. After meeting his chiropractic wife, Dr. Wolfson now runs a very successful, holistic cardiology office.

Inside "The Paleo Cardiologist," you will learn: 1) Paleo Nutrition is the food plan for health, 2) The importance of cholesterol to every cell in the body, 3) How to avoid pharmaceuticals and skip the dangerous procedures, 4) Why stress is bad for your heart and how to relax, 5) How to get rid of the chemicals and heavy metals, 6) Sleep is critical for heart health and how to get more Z's, 7) The Top 20 supplements for heart health, 8) The Top 20 blood tests you need

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Editorial Review

Review

"Heart disease is one of the leading causes of death in the US. The Paleo Cardiologist, Dr. Jack Wolfson, provides a solid resource to help you understand the reasons why. He also provides practical guidelines for a lifestyle strategy that can help you eliminate heart disease from your future."**--Dr. Joseph Mercola, founder of Mercola.com**

"Most books for me are a skim through and a space holder on my shelf, but this one will remain by my side, yellowed from highlighter, and a spine stressed from photocopies for my patients. Dr. Wolfson is a colleague to all practitioners who wish to do the best for their patients, regardless of who may be offended."**--Decker Weiss, NMD, FASA, FFCC**

"Jack Wolfson is the cardiologist you want in your corner. His take on cholesterol, grass-fed meat, sugar, nitrates, saturated fat, statin drugs and just about everything else he talks about in The Paleo Cardiologist is right on the money. Highly recommended!" **--Jonny Bowden, PhD, CNS, author of The Great Cholesterol Myth (with Steven Sinatra, MD) and Smart Fat (with Steven Masley, MD)**

"Dr. Wolfson has hit the nail on the head. Lifestyle medicine is our most powerful intervention and is the key to optimal health. He can help you turn that key and open the door to optimal vitality. Let him help you get back your life. I know that if you will let Dr Wolfson help you restore your health you will be forever grateful."**--Trent G. Orfanos, MD, FACC, Cardiologist**

"The son of a top cardiologist follows his father's footstep and after years of practice awakens to the art and science of wellness. Dr. Jack Wolfson not only has a deep understanding of the self-healing power of the body, but is able to integrate all of his knowledge into a model of wellness that is powerful and can help people dramatically improve quality of life."**--Keith Smigiel, DC**

From the Author
My first book, The Paleo Cardiologist, is a guide to the ultimate in heart health. Pills and procedures are for emergencies only. True prevention can be done naturally. My book will show you how.

For years, I practiced as a typical cardiologist. After meeting my wife, a chiropractor, I learned that doctors should seek the CAUSE of disease. By removing the cause, the body will heal itself.
Just like a cut on your arm will not heal if you keep irritating it, same with your heart. But if you leave the arm injury alone, it will heal. The natural response of the body is always to heal.
You see, the cause of all disease is poor nutrition and chemicals. By removing these two harmful categories, the body can get the job done.
Stress, lack of quality sleep, and lack of physical activity also play a major role in heart disease. But I find that these areas of most peoples lives improve once they go Paleo and reduce the toxic burden.
Learn from my experience with 10's of thousands of patients. I know the medical side and the natural side.

Go Natural. Go after the cause. Go with The Paleo Cardiologist.

About the Author
Dr. Jack Wolfson is a board certified cardiologist. Often called "The Natural Cardiologist", he is a nationally recognized speaker and frequently on TV and radio discussing the importance of nutrition and a healthy lifestyle. He is the founder of NaturalHeartExpo.com.

Users Review

From reader reviews:

Elizabeth Hart:

Do you certainly one of people who can't read pleasurable if the sentence chained inside the straightway, hold on guys this specific aren't like that. This The Paleo Cardiologist: The Natural Way to Heart Health book is readable by simply you who hate the straight word style. You will find the details here are arrange for enjoyable studying experience without leaving also decrease the knowledge that want to provide to you. The writer regarding The Paleo Cardiologist: The Natural Way to Heart Health content conveys thinking easily to understand by many individuals. The printed and e-book are not different in the content material but it just different in the form of it. So , do you still thinking The Paleo Cardiologist: The Natural Way to Heart Health is not loveable to be your top list reading book?

Donald Chen:

Reading a book can be one of a lot of exercise that everyone in the world likes. Do you like reading book so. There are a lot of reasons why people fantastic. First reading a reserve will give you a lot of new data. When you read a publication you will get new information because book is one of a number of ways to share the information or their idea. Second, studying a book will make an individual more imaginative. When you looking at a book especially fictional book the author will bring someone to imagine the story how the personas do it anything. Third, you are able to share your knowledge to some others. When you read this The Paleo Cardiologist: The Natural Way to Heart Health, you could tells your family, friends along with soon about yours e-book. Your knowledge can inspire different ones, make them reading a book.

David Packard:

The Paleo Cardiologist: The Natural Way to Heart Health can be one of your basic books that are good idea. All of us recommend that straight away because this guide has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to put every word into enjoyment arrangement in writing The Paleo Cardiologist: The Natural Way to Heart Health however doesn't forget the main level, giving the reader the hottest along with based confirm resource data that maybe you can be among it. This great information can easily drawn you into new stage of crucial contemplating.

Janice Hayes:

In this era which is the greater man or woman or who has ability to do something more are more special than other. Do you want to become considered one of it? It is just simple method to have that. What you are related is just spending your time very little but quite enough to have a look at some books. One of the books in the top collection in your reading list is actually The Paleo Cardiologist: The Natural Way to Heart Health. This book that is certainly qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking up and review this publication you can get many advantages.

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