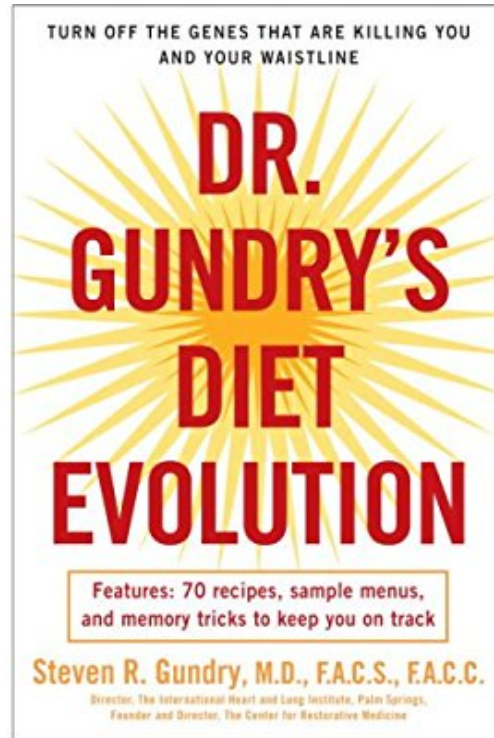


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## Synopsis :

From Publishers Weekly Thoracic surgeon Gundry has invented many devices now commonly used in heart surgeries. Here, he shows readers how to avoid such surgeries as well as obesity, high cholesterol and blood pressure levels, diabetes and even cancer by outsmarting a genetic code set for survival when food was scarce and physical activity strenuous. Our culture, technology and lifestyles may have changed, Gundry says, but our genes have not. The first part of his three-phase diet aims to break reliance on high-carb, sugar-laden foods. In phases two and three, readers can broaden their eating plans somewhat, but the emphasis is on nutrient-dense, calorie-sparse greens. Some may wince at the 'Gundryisms' that pepper the text ('If it's white, keep it out of sight'; 'If it's beige, better behave'), but many will find them easy to remember. User-friendly exercise and meal plans, as well as recipes for some unusual foods (among them Chicken Under a Brick; Angelic Jungle Princess with Chicken, a Thai recipe adapted from a dish served at a restaurant on Oahu; and 'pasta' dishes made with low-cal, high-fiber shirataki noodles) round out this surprising take on the epidemic of obesity-related diseases. (Mar.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title. Read more Review 'After my bypass surgery, I read every diet and health book I could find. Dr Gundry's book is revolutionary because its new science is presented in a creative, fun, and easy-to-understand way. You'll want to take immediate action for long-term results; the plan is simple and life-changing.'—Greg Renker, co-founder of Guthy-Renker 'A seasoned veteran of bypassing your heart blockages teaches you how to avoid his services. Dr. Gundry has crafted a wise program with a powerful track record.'—Mehmet Oz, Professor and Vice Chair of Surgery, NY Presbyterian/Columbia Medical Center 'After an impressive career as a physician and surgeon in the treatment of heart disease, Steve Gundry has been inspired to apply his experience, intellect and scientific background to preventive health measures. This practical and easily readable book describes Gundry's advice for heart health and general physical improvement. While people have no choice in their heredity and genetic composition, they can work with the inherited genes and improve their personal comfort and possibly extend life expectancy. His personal experience with control of obesity contains timely advice on this issue affecting modern society.'—Denton A. Cooley, M.D., President and Surgeon-in-Chief, Texas Heart Institute, Houston, Texas From the Hardcover edition. Read more See all Editorial Reviews

## Reviews :

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