



# The Paleo Cardiologist: The Natural Way to Heart Health

*By Jack Wolfson*

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## **The Paleo Cardiologist: The Natural Way to Heart Health** By Jack Wolfson

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

Get informed. Get empowered. Read "The Paleo Cardiologist," the natural way to heart health.

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## **The Paleo Cardiologist: The Natural Way to Heart Health** By Jack Wolfson Bibliography

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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:

##### Willard Sarvis:

This book untitled The Paleo Cardiologist: The Natural Way to Heart Health to be one of several books that will best seller in this year, here is because when you read this e-book you can get a lot of benefit upon it. You will easily to buy this book in the book store or you can order it through online. The publisher of this book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Cell phone. So there is no reason for you to past this reserve from your list.

##### Michael Martin:

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##### Rachel Wessels:

Many people said that they feel uninterested when they reading a reserve. They are directly felt it when they get a half elements of the book. You can choose often the book The Paleo Cardiologist: The Natural Way to Heart Health to make your own reading is interesting. Your personal skill of reading ability is developing when you including reading. Try to choose very simple book to make you enjoy to learn it and mingle the

opinion about book and studying especially. It is to be initial opinion for you to like to available a book and learn it. Beside that the book The Paleo Cardiologist: The Natural Way to Heart Health can to be a newly purchased friend when you're truly feel alone and confuse in doing what must you're doing of this time.

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