



# Reverse Heart Disease Now: Stop Deadly Cardiovascular Plaque Before It's Too Late

*Stephen T. Sinatra, James C. Roberts*

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While most books focus solely on the role of cholesterol in heart disease, *Reverse Heart Disease Now* draws on new research that points to the surprising other causes. Two leading cardiologists draw on their collective fifty years of clinical cardiology research to show you how to combine the benefits of modern medicine, over-the-counter vitamins and supplements, and simple lifestyle changes to have a healthy heart.

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