



The Revolutionary,
Scientifically Proven,
Nutrition-Based
Cure

With **More Than 150**
Great-Tasting Recipes

Prevent *and* Reverse Heart Disease

Based on the findings of a now 20-year study first
published in the *American Journal of Cardiology*

Caldwell B. Esselstyn, Jr., M.D.

Foreword by T. Colin Campbell, Ph.D., author of *The China Study*