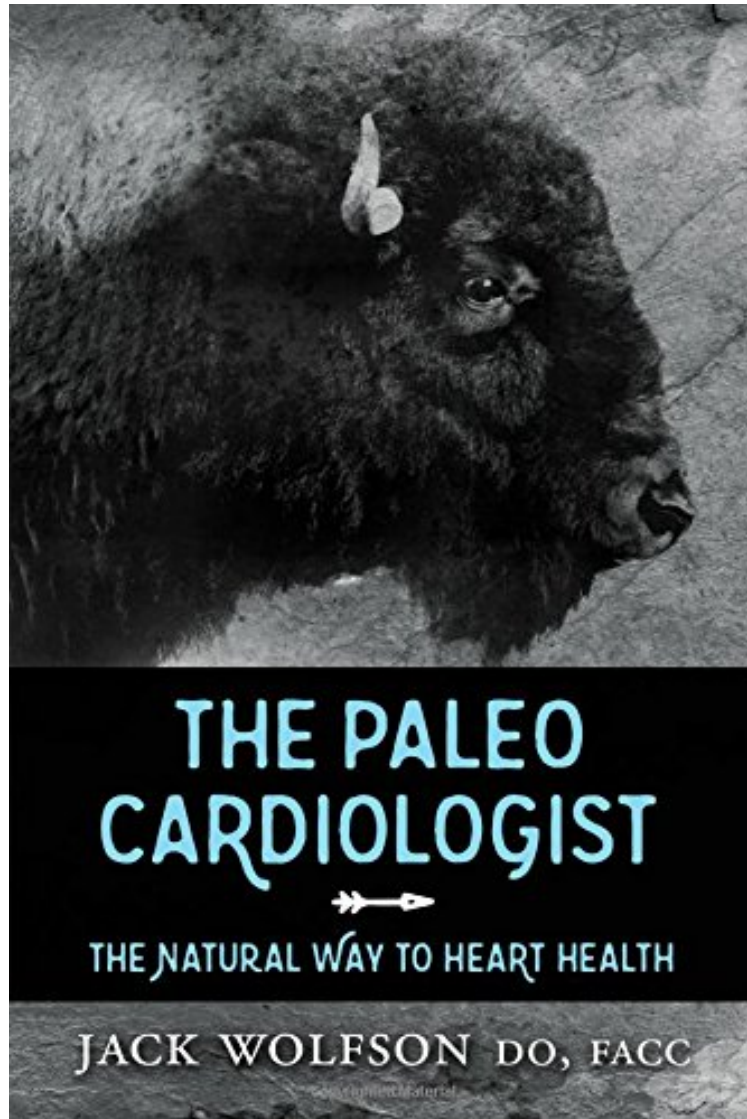


[PDF] The Paleo Cardiologist: The Natural Way to Heart Health

## The Paleo Cardiologist: The Natural Way to Heart Health

*Jack Wolfson*

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**Jack Wolfson : The Paleo Cardiologist: The Natural Way to Heart Health** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Paleo Cardiologist: The Natural Way to Heart Health:

8 of 8 people found the following review helpful. Fantastic book - review by actual patient of The Paleo CardiologistBy LoriAZFantastic book - easy to read and tons of useful information so you will keep this as a resource book. Author practices in Scottsdale, AZ and I'm one of his very satisfied patients. He is such a caring doctor who believes in Wellness and works hard to get his patients better so they can enjoy life. This book is another method for him to dispense his advice. He writes just like he talks - clear and directly to the point. If you are serious about

improving your health you need to read this book and follow his advice!0 of 0 people found the following review helpful. This book is an easy read and extremely informativeBy BKDThis book is an easy read and extremely informative. The Vitamin and Mineral section is awesome. I was delighted to find this book! Dr. Jack places emphasis on nutrition and prevention of disease before the fact. Anyone, seeking a path to restore health naturally will be well rewarded for the time spent studying this doctors work! I chuckled when reading the doctors confession that it was his wife, Heather, who turned him on the importance of nutrition. It reminded me of a cartoon many years ago; it depicted a man being "pushed" up the side of a mountain the caption read... "behind every successful man, there is a good woman"... Thank you, Dr.Heather Wolfson for sharing the importance of good NUTRITION, that brings us full circle to good health as our Creator intended.BKD4 of 4 people found the following review helpful. Must read for EVERYONE!By Mountain FamilyMy husband is LOVING this book. A must read for anyone who wants to live a better, more healthy life. Heard about this book from a doctor friend of ours and it is spot on. Wish they could have this as a text book for middle school children.

Medical doctors have no idea how to prevent heart disease.All they know how to do is push dangerous pills and procedures.

"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