



Heart Disease No More!

Andreas Moritz

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Make Peace with Your Heart and Heal Yourself Less than one hundred years ago, heart disease was an extremely rare disease. Today it kills more people in the developed world than all other causes of death combined. Despite the vast amount of financial resources spent on finding a cure for heart disease, the current medical approaches remain mainly symptom-oriented and do not address the underlying causes. Even worse: There is overwhelming evidence to show that the treatment of heart disease or its presumed precursors, such as high blood pressure, hardening of the arteries and high cholesterol, does not only prevent a real cure but can easily lead to chronic heart failure. The patient's heart may still beat, but not strong enough to feel vital and alive. Without removing the underlying causes of heart disease and its precursors, there is little, if any, protection against it. Heart attacks can strike regardless whether you have had a coronary bypass done or stents placed inside your arteries. According to research, these procedures fail to prevent heart attacks or reduce mortality rates. Heart Disease No More, excerpted from the author's bestselling *Timeless Secrets of Health & Rejuvenation*, puts the responsibility for healing where it belongs, that is, to the heart, mind and body of each individual. It provides you with the practical insights about how heart disease develops, what causes it and what you can do to prevent and reverse it for good, regardless of a possible genetic predisposition.

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