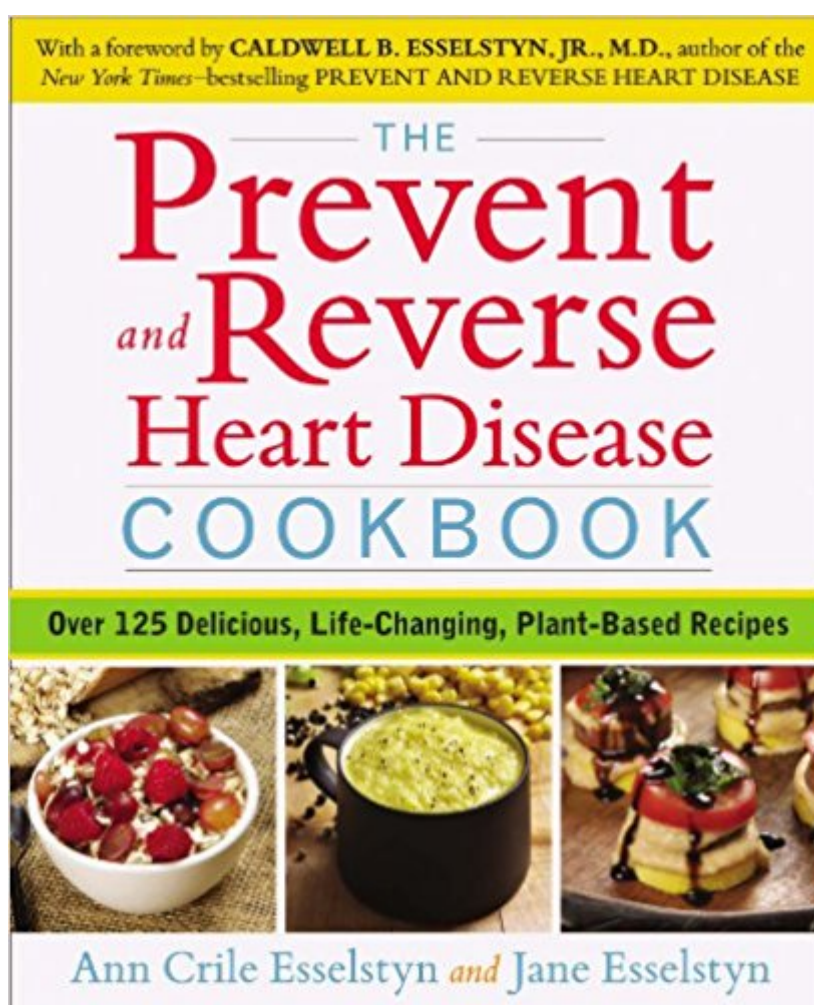


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# The Prevent And Reverse Heart Disease Cookbook: Over 125 Delicious, Life-Changing, Plant-Based Recipes



## Synopsis

The long-awaited cookbook companion to the revolutionary *Â New York Times* *Â bestseller* *Â Prevent and Reverse Heart Disease*. “I hope you’ll treat yourself to one of these recipes and just open that door. I guarantee you won’t close it!” •Samuel L. Jackson *Â* Hundreds of thousands of readers have been inspired to turn their lives around by Dr. Caldwell B. Esselstyn’s *Â* bestseller, *Â Prevent and Reverse Heart Disease*. The plant-based nutrition plan Dr. Esselstyn advocates based on his twenty-year nutritional study *Â* “the most comprehensive of its kind” *Â* “is proven to stop and reverse even advanced coronary disease, and is built on the message the Esselstyn family has lived by for years: Your health is truly in your own hands, and what you eat matters. Mother-daughter team Ann and Jane Esselstyn have decades of experience developing delicious, healthful recipes for both their family and Dr. Esselstyn’s many grateful patients. Now, they combine their expertise to offer you the cookbook companion to Dr. Esselstyn’s groundbreaking book, with more than 125 easy and mouthwatering recipes, brimming with nourishment for your heart and your overall health. From their quick and easy meals like Fast Pasta and Greens and delicious “Sloppy Joes” to their indulgent desserts like their signature Kale Cake and Minty Frozen Chocolate Balls, these recipes will empower you to reclaim your health and discover the pleasures of eating plant-based.

## Book Information

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## Customer Reviews

"In my lifetime, I've understood diet played a big role in the quality of my life, so I ate what I considered to be good for me. From childhood, the litany of 'Eat your vegetables' was drummed into me, sometimes literally. Naturally, me being Southern, there was always meat served with those veggies, and most times it was used to flavor them. 64 years later, I meet the Esselstyns, and they say 'Eat your vegetables, but eat them raw or cooked with no oil! WHAT?!' But, I tried it. It's truly amazing what the things I already liked really tasted like. Even more amazing: the number of plant-based creations that are possible. I won't go into the gigantic health benefits that came my way as a result of my decision to go plant-based, but I will say that 30 lost pounds and an infinite number of compliments later, I'm more than happy. I hope you'll treat yourself to one of these recipes and just open that door. I guarantee you won't close it!"

•Samuel L. Jackson "This is a great cookbook for treating and reversing heart disease as well as a wide variety of other ailments and diseases. So hear the whisper of your heart and do it a favor. Try these recipes and see for yourself what a fantastic difference they can make for your health. Dr. Esselstyn's amazing accomplishments are backed up by Ann and Jane's health enriching recipes."

•T. Colin Campbell, author of The China Study, and Karen Campbell, Director of the Center for Nutrition Studies "Praise for Caldwell Esselstyn's Prevent and Reverse Heart Disease "Proves that changes in diet (and that alone) cause radical changes in the age and disease of your arteries."

•Michael Roizen, M.D., coauthor of You: On a Diet "Dr. Caldwell Esselstyn has directed pioneering research demonstrating that the progression of even severe coronary heart disease can often be reversed by making comprehensive changes in diet and lifestyle."

•Dean Ornish, M.D., founder, President, and Director, Preventive Medicine Research Institute, and author of Dr. Dean Ornish's Program for Reversing Heart Disease "A hard-nosed scientist shows us his secrets for successfully cleaning the rusting arteries of so many patients and it doesn't even hurt."

•Mehmet Oz, M.D., coauthor of You: The Owner's Manual "Dr. Esselstyn has always been ahead of his time. His focus on the healing powers of proper nutrition on diseased coronary arteries has now proven right, raising another unthinkable notion that heart patients can cure themselves."

•Bernadine Healy, M.D., former Director, National Institutes of Health "This powerful program will make you virtually heart-attack-proof. On the basis of decades of research, Dr. Caldwell Esselstyn has shown not only how to prevent heart disease but also how to reverse it even for people who have been affected for many years. I strongly recommend this important book."

•Neal D. Barnard, M.D., founder and President,

Physicians Committee for Responsible Medicine, and author of Breaking the Food Seduction

“Prevent and Reverse Heart Disease provides a practical approach for people to regain their lost health. Considering the worldwide prevalence of coronary artery disease, this book should become the bestseller of all time.”

•John A. McDougall, M.D., author of The McDougall Program

“Dr. Esselstyn’s eminently successful arrest-and-reversal therapy for heart disease through patient education and empowerment as the treatment of choice will send shock waves through a mercenary medical system that focuses largely on pills and procedures.”

•Hans Diehl, founder and Director, Coronary Health Improvement Project

“Dr. Esselstyn’s solution in Prevent and Reverse Heart Disease is as profound as Newton’s discovery of gravity. Half of all Americans dying today could have changed their date with the undertaker by following Dr. Esselstyn’s plan.”

•Howard F. Lyman, coauthor of No More Bull! and Mad Cowboy

“If you have heart disease, this book should be essential reading. It could save your life.”

•Michael F. Jacobson, Executive Director, Center for Science in the Public Interest

Ann Crile Esselstyn has been called the Julia Child of plant-based cooking. Jane Esselstyn is a nurse, researcher, recipe designer and married mother of three. They live in Cleveland, Ohio.

As an Eat to Live fan and nutritarian, I was hopeful this cookbook would have some recipes I could eat. It is FAR BETTER than I could have imagined, and honestly, the recipes taste much better than those from Eat to Live. Not only are they vegan, and oil, sugar, and salt free, but they are so good, that my non-vegan family has liked everything I have prepared from it so far. They actually are complimenting me on the food, which is unusual when I make something healthy. I am convinced that I could serve these recipes to guests, even though they would not normally eat this way. Even recipes that seemed a little ‘out there’ were awesome once I tried them! I am so glad that I bought this book!

This book is a must have for anyone being treated for heart disease..has a family member or friend being treated for heart disease..anyone who would like to avoid heart disease...or anyone considering a plantbased lifestyle . I am a firefighter..I see the ill effects of the standard American diet every day on medical calls. I see the pain, suffering, and poor quality of life of these people who have had heart attacks, strokes, and live with type 2 diabetes. It takes a toll on not only the patients,

but also their families. The saddest part of this is that these diseases are preventable and curable..but it takes some changes. After years of treating these patients and bringing them to the hospital, I took a good hard look at my lifestyle and what I was eating. I was an Atkins guy..I lived on meat and cheese and artificial sweeteners..Having high blood pressure, heart palpitations, and being overweight, I quickly realized that I was heading down the same road as many people who were calling 911 for my help. I needed to make changes. So I started doing some research and came across the work of the Esselstyns..I read their books...I watched Forks over Knives..I was convinced that a plantbased diet was the key to good health and longevity. But how was a hardcore Atkins firefighter going to be able to eliminate all animal products and still eat satisfying meals?? The answer to this question can be found in the pages of the Prevent and Reverse Heart Disease Cookbook. Ann and Jane Esselstyn have compiled over 100 simple, easy to follow and delicious recipes that will satisfy even a former carnivore like myself. These recipes are not crazy vegan concoctions with exotic, hard to find and expensive ingredients. They are simple and familiar and I found that the things I needed to make these plantbased meals were, many times, already in my pantry. When I say familiar, I mean plantbased versions of the meals I grew up on.."eat loaf" replaces the meatloaf my mom made and I can tell you it has all the satisfying flavor and texture of the comfort food classic..without the fat and cholesterol. There are recipes for burgers, pizza, waldorf salad, lasagna, satisfying soups, snacks, and even desserts. Whether you're entertaining guests, cooking a meal for one, feeding a busy family or a bunch of hungry firefighters..this book will deliver. In fact, after making some of these recipes, my wife and my 7 year old son have now become plantbased eaters as well! One final note..for all those people, like myself, who have struggled with diets and felt guilty for everything they eat...I can assure you that there is no better feeling than eating this way. It is so gratifying to know that every time I put fork to mouth I am doing something good for my body...and it tastes delicious!! Please give this book a try! Start feeling good about what you eat!!

This book scores high for lots of helpful, enticing photos and clear directions. The authors give clear instructions on what to eat to be healthy, and their enthusiasm is contagious. There are a couple of editing blips I've seen so far--they forgot to include the cranberries in the instructions for putting together the stuffing in one recipe and they use the word "potatoes" instead of "onion" in the 'Tugboats' recipe. My main problem with the book is that they seemed to stretch things to produce more recipes, as in 40-million ways to eat beans. Sure, there are some other recipes, but the book is loaded with bean-based recipes. Since Dr. McDougall admonishes us to eat no more than a cup

of beans a day to limit protein, it's not clear how we can rely on these recipes, stay under a cup of beans, and get enough to eat. The lunch menus focus on hummus sandwiches or wraps and bean-based soups. And the highlight of the dinner recipes is . . . you guessed it, beans. The authors say that people in their program invariably have oatmeal for breakfast, hot or cold, with non-dairy milk. Then it's on to the beans: four variations of mashed beans for hummus that are an ingredient in lots of other recipes, too. I've made the Tugboats, which are essentially twice baked potatoes. After all the work scooping out the potato skins and putting a mix of kale, corn and the mashed potatoes back in, I have to say the taste was underwhelming and it would have been easier to plate up corn, kale and mashed potatoes. (The mushroom gravy recipe is very good). You'll find a lot of balsamic vinegar in the recipes, and the salad dressings tend to be sweet. Mail ordering vinegars and pizza crusts is referenced: at \$4.50 a pop for a pizza crust, and their habit of regularly roasting marinated green, red, yellow and orange peppers, those of us with limited budgets will have to rely on other books for making pizza dough easily from scratch at pennies a serving, as well as relying on less expensive vinegars and condiments. (Organic peppers are \$6 a lb. here in Oregon--balsamic vinegars are costly as well, and not my favorite). The vegan cookbooks are starting to repeat themselves and maybe we don't need to buy every one of them, especially when healthy Asian noodle bowls and vegetable lasagna recipes are all over the web. So are oil-free hummus recipes and other bean dishes: beans and rice, salsas, Indian dal's. I think the Happy Herbivore books have more variety and better taste. And Jeff Novick's fast food dvd's, as well. If you aim to be inspired more specifically toward heart health, this may be your book---although Lindsay Nixon and Novick's recipes are based on similar guidelines.

Finally, a health-based, plant-based cookbook that focuses abundance not deprivation! This plant-based "diet" doesn't have an expiration date. Instead, it's a wonderfully indulgent lifestyle of endless variety and improved health. There's no calorie counting, or self-discipline required. At first, the thought of "no oil" might seem harsh to some, but after a few days, oil-free brings out the true natural flavors. As you read this book, focus on the wonderful new food you will get to taste for the first time. I went completely plant-based after seeing "Forks Over Knives" in March 2013, with tremendous health benefits. I'm an airline pilot so eating plant-based is a challenge when I'm on-the-go traveling half the week, but it can be done. I'd love to see more airports, restaurants, and schools adopt some recipes from this book. I plan to eat every recipe in this book.

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