



# The Heart Health Bible: The 5-Step Plan to Prevent and Reverse Heart Disease

*John M. Kennedy MD*

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Follow your H-E-A-R-T

Heart disease remains the #1 killer of men and women in the U.S., claiming nearly one million lives each year—more than ever before, despite recent advances in medical research that are paving the way for us to live longer, healthier lives. Our supercharged modern lifestyle can still damage our hearts and put us in danger of cardiovascular events. The good news is that, in most cases, optimal heart health can be achieved without a prescription. Yet there's no "magic bullet" or quick fix—reversing and ultimately preventing heart disease requires a long-term, sustainable approach. In *The Heart Health Bible*, Dr. John M. Kennedy draws on more than twenty years of experience as a preventative and interventional cardiologist to offer an empowering approach to heart health with H-E-A-R-T, a five-point plan to lower your risk of cardiovascular disease:

**H**eal your blood pressure

**E**nergize your heart

**A**ct on fat

**R**educe blood sugar

**T**ackle triglycerides

Dr. Kennedy show how to incorporate each of these steps into your daily routine, creating a foundation for wellness that can save your life. *The Heart Health Bible* also includes Dr. Kennedy's 5-for-1 Diet, featuring heart-healthy foods and recipes, as well as a plan to help parents start their kids on a heart-healthy lifestyle.

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