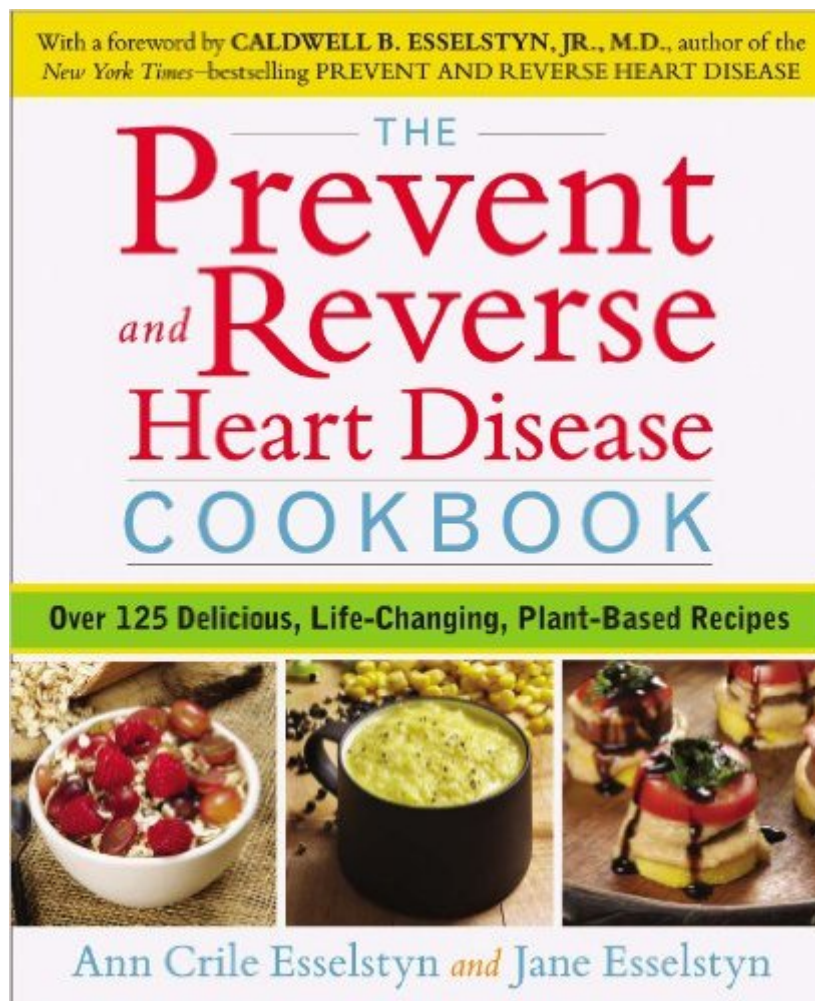


The book was found

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



## Synopsis

The long-awaited cookbook companion to the revolutionaryÂ New York TimesÂ bestsellerÂ Prevent and Reverse Heart Disease.Â T. Colin Campbell is just one of the many supporters of Caldwell B. Esselstynâ™s bestseller,Â Prevent and Reverse Heart Disease. The plant-based nutrition plan Dr. Esselstyn advocates based on his twenty-year nutritional studyâ”the most comprehensive of its kindâ”is proven to stop and reverse even advanced coronary disease, and more than 336,000 readers have benefited from the revolutionary regimen so far, including Samuel L. Jackson. Ann Crile Esselstyn and Jane Esselstyn are a mother-daughter team with decades of experience developing delicious, healthful dishes for both their family and Dr. Esselstynâ™s many grateful patients. In this much-anticipated cookbook, they share more than 125 delicious and nutritious recipes that make it easy to follow Dr. Esselstynâ™s lifesaving dietary advice. Heart disease remains one of todayâ™s deadliest killers, andÂ The Prevent and Reverse Heart Disease CookbookÂ empowers readers to make their hearts healthier, one delectable meal at a time.

## Book Information

Paperback: 288 pages

Publisher: Avery; 1 edition (September 2, 2014)

Language: English

ISBN-10: 1583335587

ISBN-13: 978-1583335581

Product Dimensions: 7.4 x 0.6 x 9.1 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (371 customer reviews)

Best Sellers Rank: #2,803 in Books (See Top 100 in Books) #2 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #3 inÂ Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #5 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian

## Customer Reviews

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 everthing 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.

[Download to continue reading...](#)

The Prevent and Reverse Heart Disease Cookbook: Over 125 Delicious, Life-Changing, Plant-Based Recipes Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease Cookbook Series) Key Takeaways, Analysis & Review | How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease, by Michael Greger, M.D. with Gene Stone How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease Forks Over Knives - The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Pathophysiology of Heart Disease: A Collaborative Project of Medical Students and Faculty (PATHOPHYSIOLOGY OF HEART DISEASE (LILLY)) OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain A Life in Balance: Delicious Plant-based Recipes for Optimal Health American Horticultural Society Plant Propagation: The Fully Illustrated Plant-by-Plant Manual of Practical Techniques The Healthy Hound Cookbook: Over 125 Easy Recipes for Healthy, Homemade Dog Food--Including Grain-Free, Paleo, and Raw Recipes! Secrets about Bioidentical Hormones to Lose Fat and Prevent Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid, Estrogen, Progesterone, Testosterone, and Growth Hormone! Cholesterol: The Natural Solution: Simple Lifestyle Changes to Lower Cholesterol Naturally and Prevent Heart Disease The Get Healthy, Go Vegan Cookbook: 125 Easy and Delicious Recipes to Jump-Start Weight Loss and Help You Feel Great Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole

Food and Self-Healing Strategies The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases Minimalist Baker's Everyday Cooking: 101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

[Dmca](#)