



# The Doctor's Heart Cure, Beyond the Modern Myths of Diet and Exercise: The Clinically-Proven Plan of Breakthrough Health Secrets That Helps You Build a Powerful, Disease-Free Heart

By Al Sears

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According to Al Sears, M. D., it's time to abandon the Modern Gospel of low-fat food and long-duration exercise as a path to heart health. We need the very opposite: heart disease continues to be America's biggest killer - and obesity has reached epidemic proportions - because of the fad for low-fat diets and despite aerobics. The solution is to reengineer the diet and exercise habits of our hunter-gatherer ancestors to fit our modern culture. To build a strong and resilient heart, says Dr. Sears, engage in brief, explosive bouts of intense exercise. Consume a diet rich in high quality fat, organic proteins and liberal helpings of fruits and vegetables. Avoid grain-based starches. Take supplements to counteract the nutritional deficiencies of modern produce. Dr. Sears has used this plan to help more than 15,000 patients successfully reverse heart disease, build stronger hearts, manage their weight and abandon their heart

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## **Editorial Review**

### **About the Author**

Dr. Al Sears owns and operates The Center for Health and Wellness an integrative medicine and anti-aging clinic in south Florida where he has treated more than 15,000 patients. Over the past 15 years, he has developed a revolutionary concept of integrative medicine by blending the best of modern western medicine with the sciences of nutrition, herbology and exercise physiology. He founded The Wellness Research Foundation, a non-profit organization devoted to health research and education. His practice also includes the non-profit McCormick-Green Center for Integrative Therapies, the Library for Integrative Medicine, and an herbal apothecary of more than 250 organic herbs used for treatments, research and education.

Dr. Sears has been appointed to the international panel of experts of the Health Sciences Institute, a worldwide information service for integrative healthcare. He is also an adjunct professor at Barry University where he teaches courses in anatomy, human physiology, and nutrition. He is a member of the American Academy of Anti-Aging Medicine and is Board Certified in Anti-Aging Medicine.

Dr. Sears has written numerous articles and reports in the fields of natural health and nutritional supplementation. He authors the monthly publication Health Confidential and the twice weekly Internet Health Alerts. He has authored the self-help prostate guide, The 21st Century Men's Guide to Prostate Health and The T-Factor book, which details nutritional and herbal strategies for increasing testosterone naturally.

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