

MENDING BROKEN HEARTS

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The facts about heart disease in America

An abstract of Dr. Colin Campbell's book:

THE CHINA STUDY.

You deserve to know:

- Heart disease has been the number one killer since 1900.
- Nearly 1 million Americans die annually of heart disease.
- All new medical procedures for treating heart disease have not lowered death rates – just increased medical costs.
- 3,000 Americans die of heart disease every 24 hours.
- 40% of all American deaths are from heart disease.
- Standard medical practice treats only symptoms – not cause.
- Physician's services totaled \$78 BILLION in 2002 – not counting drugs, home health and nursing care.
- Your MD most likely has not studied nutrition.

MEDICALLY PROVEN FACTS FOR HEALING SICK HEARTS

- Heart disease can be prevented/cured by diet alone.
- There is no "special diet" for heart disease – a plant-based, whole food diet is the answer.
- Cleveland Clinic (Ohio) MD's successfully use whole, plant foods as their major treatment for heart disease.
- The closer patients adhere to this the healthier they are.
- Blood cholesterol is an accurate biomarker for heart disease.
- Cholesterol levels above 185 mg/dl increase your chances of heart disease.
- A cholesterol level of 150 mg/dl or less assures a zero chance of heart disease.
- Animal foods above 10% of total calories increase risk of heart disease. (That's no more than 200 calories/day!)
- Meat, milk, eggs and cheese increase cholesterol; veggies, fruits, grains, beans, nuts and seeds do not!
- Consuming dairy products give adults heart disease; children get juvenile diabetes.
- Vitamin and mineral supplements do not heal sick hearts.
- Eating salmon or other fish with scales and fins reduced ischemic stroke in men.
- Omega 3 & 6 oils may reduce heart disease. Flax seed oil and olive oil are excellent sources.
- Complications of your \$50,000 by-pass (or more) surgery is: heart attack, respiratory problems, bleeding, infection, high blood pressure, stroke, loss of libido, lose of cognitive function – and more. Within 10 years, 50% will have died. Within 3 years, one-third will have chest pain again.

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