

DR. JOEL KAHN

HEART DISEASE



Dr. Joel Kahn is founder of the Kahn Center for Cardiac Longevity in Michigan, Summa Cum Laude graduate of the University of Michigan School of Medicine and Clinical Professor of Medicine at Wayne State University of Michigan. His specialty is the prevention and reversal of heart disease, including heart attacks and stroke, using lifestyle therapies. He is the author of over 150 scientific articles, hundreds of health articles and five books. His first book was a national public TV special, *Your Whole Heart Solution*, and his latest book is #1 Amazon bestseller *The Plant Based Solution*.

“Heart Disease is completely
preventable, reversible and fixable.”

I have helped thousands of patients get off meds and get heart healthy.

You can too!

1

HEART DISEASE IS NOT FOR LIFE

Everyone knows you should eat your veggies, right? But do you think that if you get heart disease, that's it, a life sentence - give up now? Not true. People reverse heart disease every day - and your diet is your biggest weapon! There's evidence stretching back to the 1940s that diet can help you to reverse blockages in your arteries and heart.

Take Charge of your heart! You can beat this disease.

2

DIETS ARE CAUSING DISEASE

If you think you got heart disease due to your “family history” you must be smoking the newly legal leaf! Research has proven that diet reverses disease. But now you’re wondering which diet? Keto, Paleo, Vegan? So much confusing contradictory information, how does one make the right decision? I am hear to tell you that a plant based diet is the only diet that wins every year the beauty contest of diet plans. A diet rich in fruits, vegetables, whole grains and legumes - have every variety under the sun! - is your best chance to avoid and manage the big chronic diseases. Start with a three week plan to switch your diet over. Don’t panic! It’s not as hard as you think to make the change. My book, *The Plant Based Solution* is jam packed with recipes if you need help to adapt your diet.

Switch to eating fresh, alive, organic, seasonal fruits, vegetables, seeds and nuts and watch health roll in!

3

BEANS AND CUCUMBERS WON'T KILL YOU

A healthy diet for most people includes beans. There’s a myth floating around that beans are bad for you, that lectins will make you fat. Plain wrong. Beans are beautiful and deserve to be on your menu, unless you’re unlucky and your body reacts badly to them.
Lectins Schmeectins

listen to your body not the sleazy sales videos on internet

4

CELEBRITIES FOR HEALTH ADVICE?

Don’t take food advice from social media! Would a celebrity really know more than you about food? The disagreements about eating can be vicious. Although any diet which includes lots of fruit and vegetables is better than the “drive thru” diet!

Listen to the expert trusted voices in health- you can find them at healthierpodcast.com

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GETTING HEALTHY IS BETTER THAN GOING BANKRUPT

Its cheaper than falling sick! Did you know that #1 cause of bankruptcy in US is healthcare costs? If you start eating local, organic, seasonal vegetables and fruits instead of eating out you’ll save more money too. Give it a try, track your expenses and see how affordable it actually is to eat healthier. You might not believe it, but you can get help from your health insurance too. At the time of writing, Medicare will fund the Ornish program. Kaiser Permanente - the largest managed healthcare program in the US - has a program to educate primary care doctors and patients that plant-based nutrition can prevent and reverse a lot of heart disease. Medicare will fund you for the Ornish program.

Eating local, seasonal, organic is very affordable, if you shop at the right stores!



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DIABETES AND HEART DISEASE ARE COMPLETELY INDEPENDENT DISEASES -- YOU CATCH THEM FROM BAD LUCK, BAD GENES, BAD KARMA...

When you have type 2, your cells don't handle insulin well and too much sugar stays in the bloodstream. You are literally sugarcoating your heart arteries, your nerves, your kidney cells. A plant based diet can help you avoid, manage or reverse type 2 - switch to whole foods and 50% to 80% of patients can actually say I'm no longer diabetic and throw the pills away! You catch disease from diet and lifestyle more than anything else.

Fix both now!

7

COUNT CALORIES FOR HEALTH

A healthy diet is not about counting calories! Take a big bowl of salad beans, quinoa and healthy plant foods versus a big bowl of fried chicken drenched in oil. They might have the same number of calories, but those calories are not created equal! The plant foods have so much more nutrition, and you can fill up on plant foods without worrying about getting fat. Let's ditch the calorie counting forever!

Count the number of fresh vegetables, fruits, nuts and seeds in your daily diet- and eat about 50% raw!

8

BLOOD PRESSURE MEDICINE IS FOR LIFE

If you have high blood pressure, you're on medication for life, right? Wrong! A plant based diet with natural flavourings like spices can help to lower blood pressure. If you lower your blood pressure, you also reduce the risk of other diseases, and may be able to come off your medication. Beets are great for reducing blood pressure! BREAKING NEWS- 3 blood pressure medicines have been recalled due to their link to cancer. Are you creating bigger health crisis while trying to control blood pressure?

You can get off of meds, you can reverse blood pressure issues naturally!

9

ANTIBACTERIALS ARE A MUST

Watch out for antibacterial mouthwashes. You don't want to kill everything in your mouth - you need good bacteria to utilize some of the green, leafy foods to the fullest. Replace your mouthwash with a natural, non-alcohol kind (or just brush your teeth more often).

If you kill all the good bacteria what will keep you healthy? Stop trying to kill your health angels! Instead feed and nurture good bacteria.

10

I'M GOING TO GET HIGH CHOLESTEROL FROM EGGS, COCONUT OIL, VEGETABLE OILS

Worried about cholesterol? You can reduce bad cholesterol by cutting out meat and dairy from your diet. Why? Only animals make cholesterol (in their livers). Plants don't. There is no cholesterol in plants and coconut is a plant. So are vegetables. Oh, and by the way, eggs are no longer the bad guys that drive up cholesterol. As if that wasn't enough news flash, now we know women need a healthy amount of cholesterol to prevent diseases! So stop being scared of cholesterol. If yours is high, there are other causes you must look into including inflammation.

Cholesterol is wonderful and plants don't have it. Eggs won't kill you and the medical ranges are questionable.

12

MY KIDNEYS HAVE NOTHING TO DO WITH MY HEART

Think meat eating is natural, normal and good for you? Your body might be able to cope with meat, but animal based foods favour inflammation so your body isn't working optimally. On the other hand, a plant-based diet is a naturally anti-inflammatory diet. Make sure you get lots of plant-based Omega 3, lots of flaxseeds and chia seeds.

Knee pain is not normal, neither is heel pain or any other joint pain. Fix your diet, heal your gut and watch the pain disappear.

14

I'M GOING TO LOSE MY LIBIDO AS I GET OLDER

Trying to get hot Hot HOT? Oysters are not the answer - there's a lot of evidence that a plant-based diet supports great sexual health, because your sexual responsiveness is based on blood flow. Eat to keep your arteries healthy, and all the other blood flow benefits too. Watermelons and pine nuts, blueberries instead of little blue pills... you might even smell nicer!

You won't need Viagra if you follow the right lifestyle and diet. Horny at 90 should be your new #lifegoal

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INFLAMMATION IS ALL ABOUT MY KNEES, NOT MY DIET

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MY KIDNEYS HAVE NOTHING TO DO WITH MY HEART

Scientists are still working to figure out the details, but it seems that plant protein is handled differently by the kidneys. Have a bean burger or a kale burger instead of a beef burger, and you're helping your kidneys (and the planet).

All our organs are connected. Your heart beats alongside the kidneys and liver and spleen and ...you're whole body needs to be healthy to stay heart healthy!

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MEDICINE IS MY ONLY OPTION TO TREAT HEART DISEASE

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BLOOD PRESSURE CAN'T BE MANAGED WITH HERBS, NO WAY!