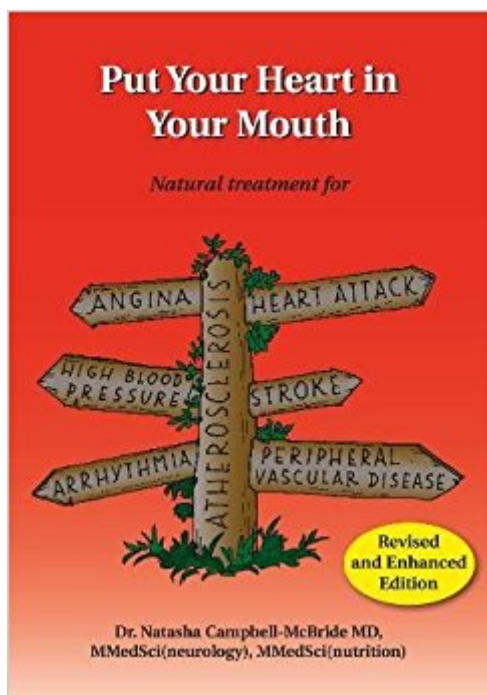


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# Put Your Heart In Your Mouth: Natural Treatment For Atherosclerosis, Angina, Heart Attack, High Blood Pressure, Stroke, Arrhythmia, Peripheral Vascular Disease



## Synopsis

If you stop any person on the street and ask them what causes heart disease, you know what their answer will be: butter and eggs, meat and fat. This infamous Diet-Heart Hypothesis was proposed in 1953, and it took scientists all over the world a few decades to prove it wrong. The trouble is that while science was beginning to cast doubt upon its basic tenets, the Diet-Heart Hypothesis was giving rise to a powerful and wealthy political and commercial machine with a vested interest in promoting it. By means of anti-fat and anti-cholesterol propaganda presented relentlessly and with increasing intensity. In this book Dr. Campbell-McBride tackles the subject of CHD (Coronary Heart Disease), caused by atherosclerosis, a disease of the arterial wall that leads to narrowing and obstruction of the arteries. She maintains that conventional medicine does not actually know the cause of atherosclerosis or how to cure it, and explores in this book what it is, what causes it, and how to prevent and reverse it. She dispels the myth of the Diet-Heart Hypothesis, and explains that cholesterol is not the enemy but an integral and important part of our cell membranes.

## Book Information

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## Customer Reviews

After practicing as a neurologist and neurosurgeon in her Russian homeland, Dr. Natasha Campbell-McBride moved to the UK, where she developed her theories on the relationship between neurological disorders and nutrition. She completed her second postgraduate degree in Human Nutrition at Sheffield University, UK, and currently runs the Cambridge Nutrition Clinic. She specializes in nutritional treatments, and has become recognized as one of the world's

leading experts in treating children and adults with learning disabilities and other mental disorders, as well as children and adults with digestive and immune disorders. She is the author of Gut And Psychology Syndrome (Revised Edition 2010), in which she explores the connection between physical state and brain function; Put Your Heart in Your Mouth (Revised Edition 2016), which reviews natural treatments for heart disease, and Vegetarianism Explained (2017), which compares the physiological benefits of animal- and plant-based foods. Dr Campbell-McBride frequently gives talks to health practitioners, and at professional conferences worldwide. She is a Member of The British Society for Environmental Medicine, and a Board Member of the Weston A Price Foundation, and is a regular contributing health editor to journals, magazines and newsletters in English speaking countries around the world.

I bought this book because I loved Dr Campbell's other book, Gut and Psychology Syndrome. I'm giving this book 3 stars because it's basically excerpts from the other book. No new information. This made the book a waste of money. My recommendation,,, buy Gut and Psychology Syndrome and skip this book. That ensures you get all the information you need, plus more.

This is a book after my own heart! Natasha Campbell-McBride is a Russian-born doctor living now in London, who in my view is one of the few who understands the causes of our modern diseases and how to avoid/cure them by means of nutrition and healthy living as a whole. In this book she tackles the subject of CHD (Coronary Heart Disease). She tells us this is caused by atherosclerosis, which is "a disease of the arterial wall that leads to narrowing and obstruction of the artery". CHD is our number one killer. Its two major forms are angina pectoris and myocardial infarction (heart attack). Angina pectoris develops when the space inside the coronary artery is narrowed but not closed up. A heart attack occurs when "the coronary artery closes up completely and the blood supply to the heart muscle stops". The author states that conventional medicine does not know the cause of atherosclerosis or how to cure it. She explains in this book what it is and what really causes it, and also how to prevent and reverse it. She dispels the myth of the "diet-heart hypothesis", and explains that cholesterol is not the enemy but an "integral and very important part of our cell membranes". The diet-heart hypothesis stated that dietary fats, including cholesterol, cause heart disease and by avoiding these foods we can avoid developing heart disease. Ancel Keys, who put forward this hypothesis back in 1953, used completely faulty "evidence" and selective data to "prove" his point. In subsequent studies, data that did not support the hypothesis were ignored and the data that did were "inflated and advertised". Honest studies from different

countries have proved the hypothesis to be completely erroneous. Most of the experiments on the influence of dietary fatty acid on blood cholesterol were "biased by serious faults". Professor George Mann called the diet-heart hypothesis "the greatest scientific deception of our times". Natasha Campbell-McBride does a great job in demolishing the myths that have been instilled in us. She explains things clearly and simply and we come to understand how dangerous in fact low cholesterol is and how death-bringing the new cholesterol-lowering drugs, statins. Campbell-McBride provides us with so much absolutely essential and life-saving information that I can't begin to mention it all. But we cannot live without cholesterol and in fact every cell of every organ has cholesterol as part of its structure. In the clinical experience of the author, foods with high cholesterol and high animal fat content are an essential medicine for a person with multiple sclerosis, for instance. Caviar is the richest source, followed by cod liver oil, fresh egg yolk, butter, cold-water fish and shellfish, and, finally, lard. So I, who have MS, have begun to eat caviar. Cholesterol from food has no effect whatsoever on the level of our blood cholesterol. As long as we don't take cholesterol-lowering drugs, we don't have to worry about cholesterol. Some people whose bodies are unable to produce enough cholesterol are prone to "emotional instability and behavioral problems". Low blood cholesterol has been recorded in those who have committed murder and other violent crimes, people with aggressive and violent personalities and those prone to suicide. The so-called "bad" cholesterol, LDL, is not bad but "directly binds and inactivates dangerous bacterial toxins". The lethal toxin *Staphylococcus aureus* which is the cause of MRSA, a common hospital infection, does not work in the presence of LDL cholesterol. People with high levels of cholesterol are protected from infections, while those with low blood cholesterol are prone to various infections and more likely to die from one. Blood cholesterol "goes through the roof" in people after surgery, goes up when we have an infection, after dental treatment and when we are under stress. This is because cholesterol is a "healing agent" in the body. The body produces cholesterol and sends it to the site of the damage. Because cholesterol travels from the liver to a wound in the form of LDL, "our science", in its wisdom, calls LDL a "bad" cholesterol. When the wound heals and the cholesterol is removed, it travels back to the liver in the form of HDL, and "our misguided `science' calls it a "good" cholesterol. Thus, when we have a high blood cholesterol level, it means that the body is dealing with some damage. We should not interfere with this process. When a doctor finds high cholesterol in the patient, he should look for the reason. He should ask "What is damaging the body so the liver has to produce all that cholesterol to deal with the damage?". Instead he attacks the cholesterol. "Cholesterol has been mistakenly blamed for the crime, just because it was found at the site of the crime." The author devotes a chapter to explaining

in detail what atherosclerosis is, and another to what causes it. The third section of the book explains what we can do to prevent atherosclerosis, heart attacks and strokes. She informs us that the answer is simple: 1) Stop eating processed foods and 2) Stop polluting your body with chemicals. She goes into these points in detail. We are given the invaluable information to begin to eat fermented foods which will provide us with massive amounts of probiotics and thus heal our gut. The final section, informing us that all diseases begin in the gut, is most valuable. There is a chapter with selected recipes, including how to ferment our foods ourselves. The author writes well and in an entertaining style, though I found her "foreign" method of placing commas distracting. In short, this is an absolutely invaluable book that sets us straight on the whole subject of coronary heart disease, atherosclerosis, the causes of the latter and how to prevent it and heal ourselves. I thoroughly recommend that you read this book!

A wealth of information and a must read if you value your health. Its amazing what doctors and drug companies will have you believe in order to make a profit, especially about cholesterol! The more I read, the more I value the wisdom of traditional ways and traditional foods. If you've read Gut and Psychology Syndrom, much of the same information is repeated, but more emphasis is placed on heart and arterial health in this read. It is still very beneficial and I'm glad I read it.

life changing. really helped my autistic daughter (and ourselves). she lost weight and her attention span is longer. less skin rash, and less digestion problems. a godsend.

[Sorry...I wrote about the wrong book! It is late, and I saw the red cover and thought this was Mildren Carter's first book on Reflexology! Too late to try to put it in the right place. Maybe can do that, cuz that is my most recent purchase. I haven't had time to read this one yet "Put Your Heart in Your Mouth." Sorry.] I first found this book about Relexology in a drugstore book rack in downtown Miami in the 1050's. I liked the idea of rubbing my feet to make me feel better, as I was a flight attendant for Eastern Airlines in the days when we HAD to wear high heels every time we worked a flight. Along came a "date" [who later became my husband] and treated me to foot rubs after a flight, and before a dinner date! Yes, I HAD to marry that man! I introduced him to my book, and together we explored this concept of healing ourselves. Once I had sciatic for 18 months and tried doctors and meds and things to no avail. It was so painful that one day I told him: "Should I fall on the floor tomorrow, just hand me down my food. I don't think I can get back up." Suddenly, one day he said, "You know we have tried everything, and forgotten we have the cheapest, oldest remedy for this

right in the house." He went and got the book from the shelf and started to work on me. It improved my status so much I asked for repeat next day. The third day, I asked: "How about twice a day, morning and night?" He obliged. ON the fourth day I awakened pain free! We have been sold on this concept ever since. Well that book fell apart from age and use! So recently I ordered this second hand copy in hard back, and it came in good condition from a library, and the seller kept his word, it was on time, and we are now happily using it for reflexology for my husband who NOW has sciatica himself, due to a week in a hospital bed recently. He is doing it mostly himself. I help out when I can and he invites me to work on him. Hospitals should train their nurses assistants to do this modality of healing. Every family should buy this book, and have a Reflexologist in the family tree. Needless to say, I DO love this book, and thank for making books available at affordable prices.

Health and the yummiest soul warming food. Its very difficult to know who to trust.I have had health issues and Natasha makes it easy to understand. She had personal experience with her grandmother nursing her back to health and with her own child.I trust Natasha over most. I would recommend these books to anyone who wants to understand the link between many illness that all roads lead back to the positive bacteria of the colon.

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