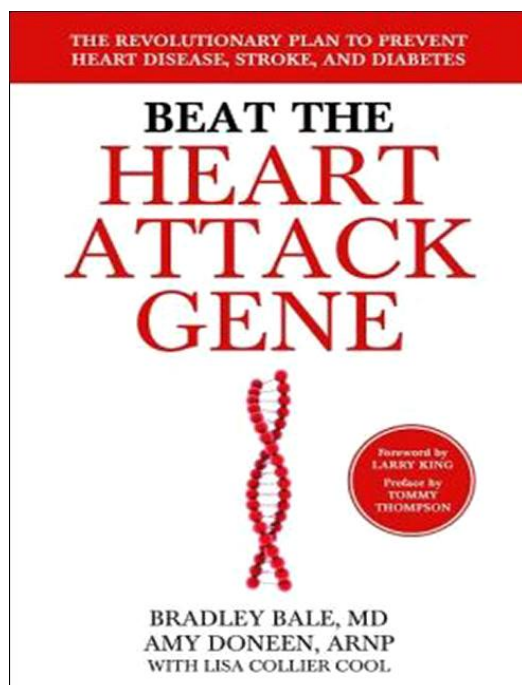


Tantor Audio April 2014 Catalog

Beat the Heart Attack Gene

The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes



Author(s): Bradley Bale, M.D., Amy Doneen, ARNP, Lisa Collier Cool
Read by: Bob Souer
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Key Marketing Points:

- Bonus material included
- Foreword by Larry King and preface by Tommy Thompson
- National and local publicity and review coverage
- Radio phoner campaign
- Social media campaign
- TV and radio book tour
- Author Web site: baledoneen.com

Bios:

Bradley Bale, MD, is a cofounder of the Heart Attack & Stroke Prevention Center. He has been published in many medical journals and is a noted public speaker.

Amy Doneen, ARNP, is cofounder, with Bradley Bale, MD, of the Heart Attack & Stroke Prevention Center. She is also the chair of the Pacific Northwest Preventative Cardiovascular Nurses Association.

Lisa Collier Cool is a bestselling author, blogger for Yahoo! Health, and winner of 19 medical journalism awards.

Bob Souer is a full-time professional storyteller and narrator. He has narrated numerous audiobooks, as well as broadcast and nonbroadcast projects for corporations and ministries across North America.

Praise:

"Not only does this book show you how to optimize your heart and brain health, but following this plan could even save your life." -Daniel Amen, MD, author of *Change Your Brain, Change Your Life*

"A must for every primary care physician." -Bryan Glick, DO, Founding Physician at N1 Health of Scottsdale, AZ

Also by the author:

Bradley Bale, MD, and Amy Doneen, ARNP, provide a revolutionary, personalized guide to preventing heart disease based on genetic factors.

Heart disease is the number one cause of death in America. It affects eighty-one million Americans and is the culprit in one of every two deaths in the United States. Most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors. The good news is that with the right information and strategies, heart attacks are preventable-even if heart disease runs in the family.

In *Beat the Heart Attack Gene*, world-renowned cardiovascular specialists Bradley Bale, MD, and Amy Doneen, ARNP, present a new model for understanding and preventing heart disease. They explain the three different genetic types of cholesterol profiles and tailor treatments for each type, using their cutting-edge Bale/Doneen Method, a simple, comprehensive prevention plan that detects cardiovascular disease (CVD) at early stages. *Beat the Heart Attack Gene* includes easy quizzes and self-tests that show how to determine cholesterol genotype as well as advice for how to apply that knowledge through nutritional and lifestyle changes. For heart attack and stroke survivors, the Bale/Doneen Method also helps prevent recurrences by identifying and treating what's triggering the patient's disease-a crucial step that many cardiologists neglect.

With their proven method utilized by healthcare professionals worldwide, Bale and Doneen empower listeners by alerting them to potential health threats, and then offer personalized, evidence-based strategies so they can live healthy, active lives without fear

For heart attack and stroke survivors, the Bale/Doneen Method also helps prevent recurrences by identifying and treating what's triggering the patient's disease—a crucial step that many cardiologists neglect. With their proven method utilized by healthcare professionals worldwide, Bale and Doneen empower readers by alerting them to potential health threats, and then offer personalized strategies so they can live healthy, active lives without fear of heart attack or stroke. Books related to Beat the Heart Attack Gene. Skip this list. In their new book, BEAT THE HEART ATTACK GENE, cardiovascular specialists Bradley Bale, MD and Amy Doneen, ARNP explain that all strokes and heart attacks are potentially preventable. Presenting a new model for understanding and preventing heart disease, they provide readers with tools to partner with their doctors in creating a personal care plan based on their own unique risk factors. This Book Could Save Your Life. “All strokes and heart attacks are potentially preventable, but it takes more than the current standard of care to do so,” assert world-renowned cardiovascular specialists Bradley Bale, MD and Amy Doneen, ARNP. They also co-founded the Heart Attack & Stroke Prevention Center in Spokane, Washington, of which Amy Doneen has been the Medical Director since 2003. She is also Adjunct Professor at Texas Tech Health Sciences School of Nursing and past Chair of the Pacific Northwest Preventative Cardiovascular Nurses Association. Dr. Bale serves as Medical Director of the Heart Health Program at Grace Clinic in Lubbock, Texas, and has a private practice in Nashville, Tennessee. 9P21, the so called "heart attack" gene, is in 2018 treated as a diabetes gene reinforcing the idea that the underlying cause of diseases of aging is insulin resistance. Dr Fuhrman MD provides the same promise - a medical free retirement with no cardiac events if you follow his nutrient dense vegetable diet plan.