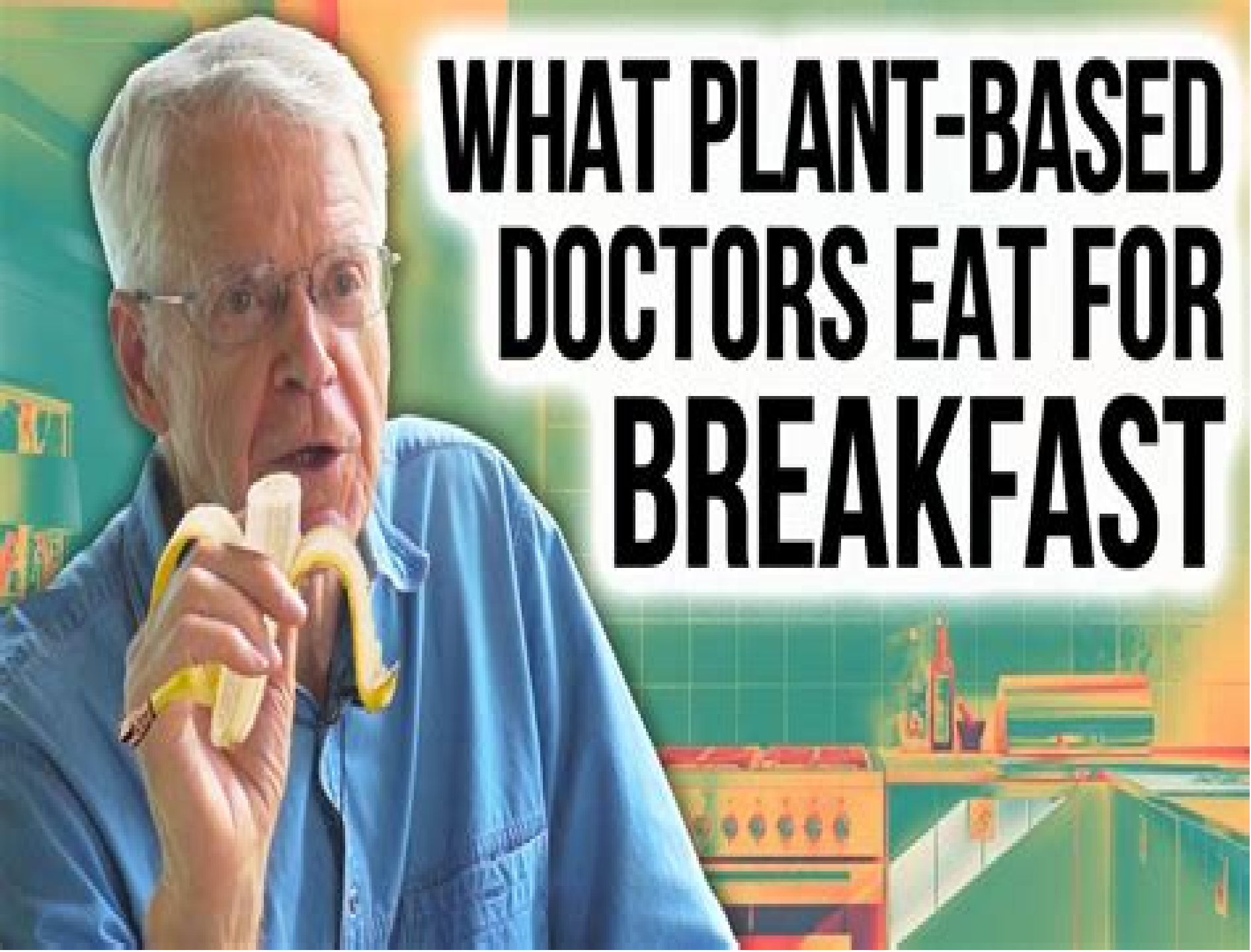


# WHAT PLANT-BASED DOCTORS EAT FOR BREAKFAST



# Esselstyn Diet Criticism

**Albert Shaw**



## **Esselstyn Diet Criticism:**

**How I Unblocked 5 Arteries** Wong Kam Luen, Sukaimi Sukri, 2015-03-08 On 28th of February 2013 I was lying naked in the operating room at Mount Elizabeth hospital in Singapore My cardiologist Dr Ann Chan was giving me an Angiogram She discovered that five of my arteries were blocked One was completely blocked while four others were at least 90% blocked When she told me what she found my heart sank My whole world went upside down The solution to my arterial blockages was a bypass operation It was very invasive It was a mechanical solution to my biological problem A heart bypass solution would only give me temporary relieve but would not stop the arteries from becoming completely blocked and eventually for me to die I was looking for a solution that would reverse my blockages I found it I combined the research findings of Dr Ignarro L Arginine Dr Dean Ornish and Dr Caldwell B Esselstyn Jr reversing heart Diseases and came out with a program that could clear my blockages After a year of following my program my angiogram results showed that my blockages were reduced by about 20% I could walk 7 km day whereas before I could not manage 100 meters without severe pain in my chest My blood pressure was lowered to 120 75 65 averagely and cholesterol level about 150 mg Dl without medication The solution was really quite simple There are three important components in my program 1 L Arginine 2 oil and cholesterol free diet and 3 exercise The detail dosages for the supplements are in the book Basically if we take the correct food the body will heal itself In other words Since the suggested food items are not drugs they can be taken by the patients with their medication However over time those drugs can be reduced or done away with completely like If you are already suffering from heart diseases strokes and Peripheral Arterial Disease PAD this book will definitely help It would also help those people who have high blood pressure and high cholesterol levels All the above diseases arise from blockages of the arteries in the brain heart or leg The unblocking processes are the same If you follow the recommended way as detailed in the book the unblocking of the arteries will occur Dr Yu and his Cardiologist wife Dr Wang Cuixia explained in great detail the causes of the atherosclerosis plaque forming which resulted in heart diseases strokes or Peripheral Arterial Diseases He also delved into the details of the research on the trials for L Arginine and the different levels of LDLP HDLP and lipids in the reversing process of atherosclerosis In short the programs listed in the book can and will reduce the plaque in the arteries Julie my wife made the food that I consume daily which actually help clear my blockages She wrote the recipes for the food that she fed me with The book had all the above which together helped to clear my arterial blockages

**How I Unblocked My 5 Blocked Arteries** Wong Kam Luen, 2019-11-20 This is the story of how I unblocked my 90% blocked arteries in 2013 My cardiologist and Cardiac surgeon recommended open heart bypass surgery I found the bypass surgery very invasive and feared that the blockages might recur So I scoured through the medical literature to find a solution which could reverse my heart blockages permanently I found it Basically the theory for my program was from the following four books and Dr Linus Pauling megavitamin C therapy concept They are as follows 1 NO to Heart Diseases by Dr Ignarro Noble Prize for Medicine

1998 2 Reversing Heart disease by Dr Dean Ornish Strong Indian influence Vegetarian food Yoga 3 Prevent and Reverse Heart Disease by Dr Esselstyn Vegan diet 4 The China Study by Dr Colin Campbell Thomas Campbell Vegan diet Books 2 3 4 essentially talked about how a vegetarian diet can prevent and reverse heart diseases by itself It did not mention L Arginine at all Dr Ignarro did mention that a vegetarian diet helped but you could also indulge in a bit of meat fish He thought that L Arginine could do the job by itself For academic purity they insisted on mutual exclusivity My interest was to clear the blockages in my heart and not on academic purity So I combined both their theories and come out with the WONG KAM LUEN S Program for unblocking my 5 blocked arteries The book detailed my agonising journey and the readings and tests I took along the journey At the end you could say that I have succeeded The angiogram said so I have also summarised my experiences and suggested a shorter way to achieve my results From my results you can surmise that within three months on my program you will definitely see vast improvements on your blood pressure lipid levels and general well being I hope that you can learn something from my journey and achieve the same miracle for yourself

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*History of Tempeh and Tempeh Products (1815-2011)* William Shurtleff,Akiko Aoyagi,2011-10

[The China Study: Revised and Expanded Edition](#) T. Colin Campbell,Thomas M. Campbell,2016-12-27 The revised and expanded edition of the bestseller that changed millions of lives The science is clear The results are unmistakable You can dramatically reduce your risk of cancer heart disease and diabetes just by changing your diet More than 30 years ago nutrition researcher T Colin Campbell and his team at Cornell in partnership with teams in China and England embarked upon the China Study the most comprehensive study ever undertaken of the relationship between diet and the risk of developing disease What they found when combined with findings in Colin s laboratory opened their eyes to the dangers of a diet high in animal protein and the unparalleled health benefits of a whole foods plant based diet In 2005 Colin and his son Tom now a physician shared those findings with the world in The China Study hailed as one of the most important books about diet and health ever written Featuring brand new content this heavily expanded edition of Colin and Tom s groundbreaking book includes the latest undeniable evidence of the power of a plant based diet plus updated information about the changing medical system and how patients stand to benefit from a surging interest in plant based nutrition The China Study Revised and Expanded Edition presents a clear and concise message of hope as it dispels a multitude of health myths and misinformation The basic message is clear The key to a long healthy life lies in three things breakfast lunch and dinner

*Vegetarian and Vegan Diets* Alice C. Richer,2021-02-02 What

are the potential health benefits of plant based diets What are the potential negative health consequences Do plant based diets increase life expectancy This book answers all these questions and more More and more people are reducing or completely eliminating meat and other animal products from their diet Some are motivated by concerns surrounding animal welfare and the environmental impact of meat while others hope to improve their health by following a plant based diet Although a vegetarian or vegan diet can provide many benefits it can also pose unique challenges and health risks These topics are explored here in an accessible way with clear unbiased answers Part of Bloomsbury's Q A Health Guides series Vegetarian and Vegan Diets Your Questions Answered follows a reader friendly question and answer format that anticipates readers needs and concerns Prevalent myths and misconceptions are identified and dispelled and a collection of case studies illustrates key concepts and issues through relatable stories and insightful recommendations Each book in the series also includes a section on health literacy equipping teens and young adults with practical tools and strategies for finding evaluating and using credible sources of health information both on and off the internet important skills that contribute to a lifetime of healthy decision making

*History of the Health Foods Movement Worldwide (1875-2021)* William Shurtleff; Akiko Aoyagi, 2021-07-31 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 205 photographs and illustrations many color Free of charge in digital PDF format

**History of Non-Dairy Whip Topping, Coffee Creamer, Cottage Cheese, and Icing/Frosting (With and Without Soy) (1900-2013)** William Shurtleff, Akiko Aoyagi, 2013-11 The world's most comprehensive well documented and well illustrated book on this subject With extensive index 28 cm Free of charge in digital format on Google Books

**The China Study** T. Colin Campbell, 2005 Based in part on a study that researched the relationship between diet and disease in 65 counties of rural China Also draws on scientific research from around the world that documents the connection between diet and disease especially diseases of influence Provides advice on how to eat derived from evidence presented earlier in the book and critiques the public health information system

*American Monthly Review of Reviews*, 1893

**The Prevent and Reverse Heart Disease Cookbook** Ann Crile Esselstyn, Jane Esselstyn, 2014-09-02 The long awaited cookbook companion to the revolutionary New York Times bestseller Prevent and Reverse Heart Disease I hope you'll treat yourself to one of these recipes and just open that door I guarantee you won't close it Samuel L Jackson Hundreds of thousands of readers have been inspired to turn their lives around by Dr Caldwell B Esselstyn's Jr's bestseller Prevent and Reverse Heart Disease The plant based nutrition plan Dr Esselstyn advocates based on his twenty year nutritional study the most comprehensive of its kind is proven to stop and reverse even advanced coronary disease and is built on the message the Esselstyn family has lived by for years Your health is truly in your own hands and what you eat matters Mother daughter team Ann and Jane Esselstyn have decades of experience developing delicious healthful recipes for both their family and Dr Esselstyn's many grateful patients Now they combine their expertise to offer you the cookbook companion to Dr Esselstyn's

groundbreaking book with more than 125 easy and mouthwatering recipes brimming with nourishment for your heart and your overall health From their quick and easy meals like Fast Pasta and Greens and delicious Sloppy Joes to their indulgent desserts like their signature Kale Cake and Minty Frozen Chocolate Balls these recipes will empower you to reclaim your health and discover the pleasures of eating plant based      [The Review of Reviews](#) Albert Shaw,1893      **Plant-Strong** Rip Esselstyn,2013-05-14 For the millions who are following a plant based diet as well as those meat eaters who are considering it My Beef With Meat is the definitive guide to convincing all that it s truly the best way to eat New York Times Bestselling author of The Engine 2 Diet and nutrition lecturer Rip Esselstyn is back and ready to arm readers with the knowledge they need to win any argument with those who doubt the health benefits of a plant based diet and convince curious carnivores to change their diets once and for all Esselstyn reveals information on the foods that most people believe are healthy yet that scientific research shows are not Some foods in fact he deems so destructive they deserve a warning label Want to prevent heart attacks stroke cancer and Alzheimer s Then learn the facts and gain the knowledge to convince those skeptics that they are misinformed about plant base diets for instance You don t need meat and dairy to have strong bones or get enough protein You get enough calcium and iron in plants The myth of the Mediterranean diet There is a serious problem with the Paleo diet If you eat plants you lose weight and feel great My Beef With Meat proves the Engine 2 way of eating can optimize health and ultimately save lives and includes more than 145 delicious recipes to help readers reach that goal      [The Review of reviews](#) ,1892      [My Beef with Meat](#) Rip Esselstyn,2013-05-14 For the millions who are following a plant based diet as well as those meat eaters who are considering it MY BEEF WITH MEAT is the definitive guide to convincing all that it s truly the best way to eat New York Times Bestselling author of The Engine 2 Diet and nutrition lecturer Rip Esselstyn is back and ready to arm readers with the knowledge they need to win any argument with those who doubt the health benefits of a plant based diet and convince curious carnivores to change their diets once and for all Esselstyn reveals information on the foods that most people believe are healthy yet that scientific research shows are not Some foods in fact he deems so destructive they deserve a warning label Want to prevent heart attacks stroke cancer and Alzheimer s Then learn the facts and gain the knowledge to convince those skeptics that they are misinformed about plant base diets for instance You don t need meat and dairy to have strong bones or get enough protein You get enough calcium and iron in plants The myth of the Mediterranean diet There is a serious problem with the Paleo diet If you eat plants you lose weight and feel great MY BEEF WITH MEAT proves the Engine 2 way of eating can optimize health and ultimately save lives and includes more than 145 delicious recipes to help readers reach that goal      **Prevent and Reverse Heart Disease** Caldwell B. Esselstyn Jr. M.D.,2008-01-31 The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart disease Based on the groundbreaking results of his twenty year nutritional study Prevent and Reverse Heart Disease by Dr Caldwell Esselstyn illustrates that a plant based oil free diet can not only prevent the progression of heart disease but can also reverse

its effects Dr Esselstyn is an internationally known surgeon researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary Forks Over Knives Prevent and Reverse Heart Disease has helped thousands across the country and is the book behind Bill Clinton s life changing vegan diet The proof lies in the incredible outcomes for patients who have followed Dr Esselstyn s program including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live Within months of starting the program all Dr Esselstyn s patients began to improve dramatically and twenty years later they remain free of symptoms Complete with more than 150 delicious recipes perfect for a plant based diet the national bestseller Prevent and Reverse Heart Disease explains the science behind the simple plan that has drastically changed the lives of heart disease patients forever It will empower readers and give them the tools to take control of their heart health *Library Journal* ,2009

**The Happy Healthy Plant-Based Cookbook**  
Dusty Stanczyk,Erin Stanczyk,2025-01-07 Enjoy better living for the whole family with this down to earth full color plant based cookbook featuring 75 delicious recipes from the founders of eatmoverest Raised in the Midwest Erin and Dusty Stanczyk ate a traditional American meat and potatoes diet yet always felt tired uncomfortable and unhealthy Then they made the switch to whole food plant based eating Amazed by the tangible transformations to their bodies minds and spirits the couple launched Eat Move Rest In their workshops and on their platforms they have helped thousands discover how eating mindfully moving purposefully and resting intentionally are the keys to a happy healthy life Now in their debut cookbook Erin and Dusty help you transform your own life The Happy Healthy Plant Based Cookbook is divided into three parts Part 1 A guide to learning how to eat move and rest your best Part 2 A Meal Movement Mindfulness plan covering 40 days of transformation Part 3 Seventy five plus plant based recipes the whole family will love Discover how to make healthy choices for you and your family as you move to healthy eating without losing flavor with family favorites such as Liquid Gold Immunity Juice Garden Greens Lasagna Stacked Veggie Sandwich and Rainbow Mango Pad Thai In addition the cookbook includes stunning full color photographs a grocery and equipment essentials list tips for plant based pregnancy and much more The Happy Healthy Plant Based Cookbook is for families parents of young children Christian readers and spiritual seekers looking for ways to align body mind and spirit and anyone wanting to live a plant forward lifestyle From juices and smoothies to wholesome wraps and snacks to desserts that are actually good for you this cookbook is a must have on the vegan cooking shelf It s never been easier to adopt a healthier more wholesome and plant based way of life

**The Engine 2 Diet**  
Rip Esselstyn,2009-02-25 Lose weight lower cholesterol significantly reduce the risk of disease and become physically fit in just 4 weeks Professional athlete turned firefighter Rip Esselstyn is used to responding to emergencies So when he learned that some of his fellow Engine 2 firefighters in Austin TX were in dire physical condition several had dangerously high cholesterol levels the highest was 344 he sprang into action and created a life saving plan for the firehouse By following Rip s program everyone lost weight some more than 20 lbs lowered their cholesterol Mr 344 s dropped to 196 and improved

their overall health Now Rip outlines his proven plan in this book With Rip as your expert coach and motivator you ll transform your body and lifestyle in a month His plant powered eating plan is based on a diet of whole foods including whole grains fresh fruits vegetables legumes nuts and seeds This invaluable guide features Dozens of easy mouthwatering recipes from pancakes to pizza Tex Mex favorites to knockout chocolate desserts that will keep you looking forward to every bite Pantry stocking tips will take the panic out of inevitable cravings and on the fly meals Guidelines on menu choices that will allow you to eat out wherever and whenever you want Rip s simple firefighter inspired exercise program that will boost your metabolism and melt your fat away Medically approved easy to follow and amazingly effective this diet is designed for anyone who wants to make heroic strides in his or her health weight and well being all without heroic effort Want to be as strong as a Texas firefighter Or as healthy as a professional triathlete Then follow the wonderful advice of Rip Esselstyn who is both His book can save your life whether you re a man or a woman Highly recommended Dean Ornish M D Founder and President Preventive Medicine Research Institute Clinical Professor of Medicine U of California SF author Dr Dean Ornish s Program for Reversing Heart Disease



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