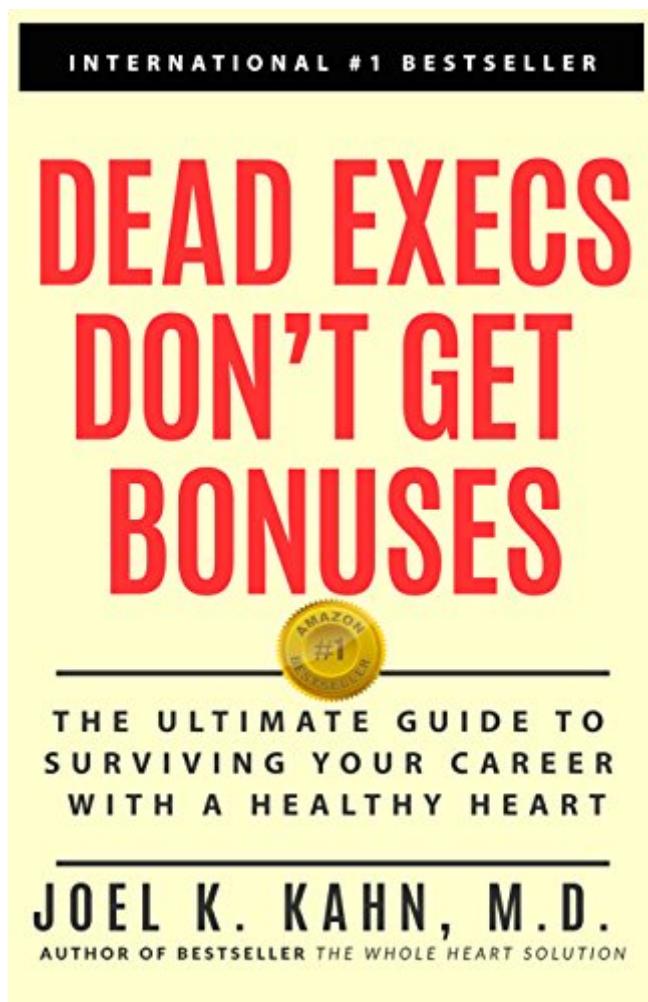


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# Dead Execs Don't Get Bonuses: The Ultimate Guide To Survive Your Career With A Healthy Heart



## **Synopsis**

For way too many years heart disease has been the #1 killer of Americans today. This must stop and stop right now. The good news is heart disease can be detected years before it becomes a problem, it is reversible once present, but even more important it is PREVENTABLE with simple science based measures that you MUST know about! Too many successful career minded individuals die without any warning! Many had visits to their doctor and were assured they were healthy. Dead Execs explains how this happens and why it should never happen again. Heart attack prevention specialist Joel Kahn, M.D. is passionate about saving lives. He is determined to prevent 1,000,000 heart attacks, including yours. He is helping people understand the facts about heart disease, how to get the heart check up you deserve to protect your career, and how to prevent our arteries from getting clogged. You do not have the time for a heart attack but you MUST have the time to read his book.

## **Book Information**

File Size: 1903 KB

Print Length: 174 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 3, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00U9U22CU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #111,286 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 in Kindle Store > Kindle eBooks > Medical eBooks > Administration & Policy > Health Risk Assessment #5 in Books > Business & Money > Business Culture > Health & Stress #11 in Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Critical Care

## **Customer Reviews**

Dr. Kahn is doing wonderful work spreading the message of preventing cardiovascular disease. We have been searching for the magic pill or procedure for our number one killer in this country but the

real cure is to address the root causes through lifestyle with healthy eating habits, exercising, sleep, avoiding smoking and managing stress. He even talks about the benefits of saunas for heart health, so he covers it all! This book reaches us through the studies that supports the importance of lifestyle but more importantly through the touching stories of patients and their families. Heart disease is often preventable and I am on board with him to help prevent 1,000,000 heart attacks as he proposes. His advice is practical and we need to awaken to the active role that each of us plays in our own healthcare. Dr. Michael Rocha, cardiologist, Director New Bedford Wellness Initiative

This book is a breath of fresh air especially coming from a cardiologist. Too many people in healthcare today ignore natural, diet, exercise techniques as unproven or "alternative". This couldn't be farther from the truth! In fact, Dr. Kahn goes over research that supports his diet and lifestyle advice for heart disease prevention. One of the things I found most helpful reading this was the section on advanced cardiac markers (blood testing) that is not usually included in routine physicals. I know myself that more and more research is supporting the fact that routine physicals and bloodwork are just not enough to detect heart disease. Special tests like apo lipoprotein and hs-Crp can be really helpful and he explains why and how to get these tests. I also thought the section describing the benefits of sauna treatments was fascinating. That was one of a few new, unique recommendations he has. Lastly, Unlike many medical books- this one is an easy read with quick actionable advice. The world should support people like Dr. Kahn who supports the shift towards wellness rather than "illness" medicine. --Dr. Amy Shah

Excellent read. Dr. Kahn finds a good balance between strong science and approachability for the reader. I thoroughly enjoyed it. I thought it was concise and informative, exactly the appropriate length to make the argument for the next generation of care. I will strongly recommend this book to my friends, colleagues and patients - perfect for any one who wants to find optimal cardiac wellness! Joseph Lamb, MD Hypertension Institute of Nashville

Heart disease is reversible. Be responsible and start now. Dr. Kahn will show you how it easy it is to optimize your health in this short inexpensive e-book. Stress, fake food and being sedentary are the number one instigators of heart disease. Get off your duff, exercise, meditate and eat plants. You can't go wrong. He gives you the formula to be at your best.

If we would have read your book five years ago my athletic, slim, healthy husband might not have

had to have open heart surgery! We would have known to press for appropriate testing when he had symptoms.

This is an important book on how to not have a heart attack. Dr. Kahn gets real about how we deal with stress and what we choose to put into our mouths often makes the difference between life and death. There was a lot in this book I didn't know and much I needed to be reminded of. Everyone still eating the standard American diet (SAD), and everyone who thinks that a heart attack can't happen to them because they are thin and they exercise regularly should really read this book and start taking their health seriously. It's not called "the silent killer" for nothing.

Dead Execs is a great book. I love my Kindle version. The 'copy' option is new. I was able to go through the entire book and copy the important ideas for busy my wife to read. Thanks for that feature. Also, the 99 cents was welcome. I stopped buying Kindle versions when the prices skyrocketed.

Dr Joel Kahn is a leading expert in the field of heart health and plant-based nutrition. If more people heeded his message, we'd live longer, happier and healthier lives. Thanks to the sort of advice that Dr Kahn promotes, my cholesterol, triglycerides and blood pressure (key bio-markers for heart disease) are all way, way down from life-threateningly high levels. If you are overweight, over-stressed, and have heart health risk factors like the ones I have suffered, you WILL benefit from Dr Kahn's information and advice.

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