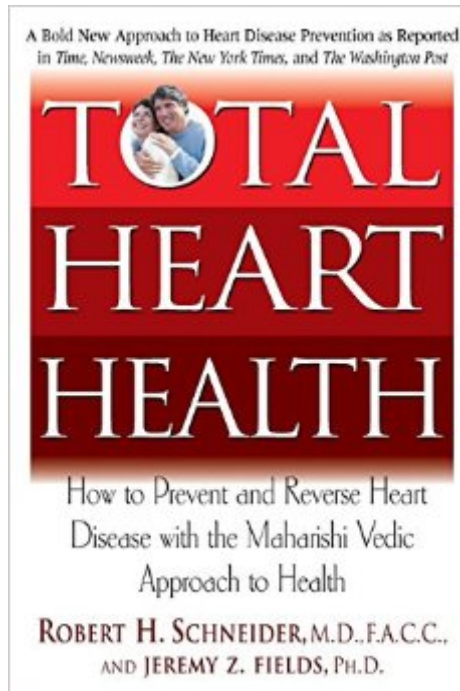


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# Total Heart Health: How To Prevent And Reverse Heart Disease With The Maharishi Vedic Approach To Health



## Synopsis

How to prevent and treat heart disease with Maharishi Consciousness based care. Readers discover a bold new approach to heart disease based on the world's oldest holistic system of care.

## Book Information

Paperback: 262 pages

Publisher: Basic Health Publications, Inc.; 1 edition (April 15, 2006)

Language: English

ISBN-10: 1591200873

ISBN-13: 978-1591200871

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #160,921 in Books (See Top 100 in Books) #51 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #113 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #133 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Cardiovascular](#)

## Customer Reviews

Heart disease kills more people in the West than all other diseases put together. Yet modern medicine has failed to identify a treatment or even the cause of heart disease. It has succeeded only in naming the risk factors. Complementary and alternative medicine offers a variety of approaches -- but how does one know which one is most effective? This book presents an approach to both understanding and treating heart disease that is natural, holistic, prevention-oriented, free of side-effects -- and supported by more scientific research validation than any other approach. The authors and their colleagues have received nearly \$25 million in research funding from the National Institutes of Health over the past 15 years, and their highly encouraging research findings, conducted in collaboration with universities around the U.S., have been the subject of wave after wave of national and international news stories -- thousands of articles altogether. The approach they have been researching has been brought to light from the world's oldest continuous tradition of knowledge, the ancient Vedic tradition of India. And their research findings have been unprecedented. The studies show that this approach: \* reduces high blood pressure -- with the same effectiveness as hypertensive drugs, but without the negative side-effects and at a fraction of the cost \* reverses atherosclerosis \* reduces cholesterol and lipid peroxides \* reduces free radicals \*

reverses left ventricular hypertrophy (the dangerous over-build-up of heart muscle)\* reverses the damage of heart disease\* reduces other risk factors for heart disease, including smoking, alcohol abuse, psychological stress, and socio-environmental stress.

Total Heart Health presents an "inside-out" approach to the prevention and reversal of heart disease. The authors, a leading scientific pioneer in the field of complementary and alternative medicine, Robert H. Schneider, M.D. and health writer, Jeremy Z. Fields, Ph.D., present a compelling argument for "awakening the body's inner intelligence" to prevent and combat heart disease, the leading cause of death in the United States. Total Heart Health, according to the authors, is only possible when mind, body, and environment are all treated as one interconnected system. Part One of their book focuses on the Mind Approach - Transcendental Meditation (T.M.) - the cornerstone of the Maharishi Vedic Approach to Health, the health care system Schneider and Fields subscribe to. They present ample scientific evidence to show that T.M. reduces stress, hypertension, and results in a number of other heart-related health benefits. If Transcendental Meditation is the "inside" approach to health because of its emphasis on meditation, then Parts II and III of Total Heart Health present the "outside" approach - focusing respectively on the body and the environment. The authors present lots of good tips on exercise and diet suitable for different body types in Part II, and in Part III discuss the advantages of living in a healthy home designed according to the principles of "Vedic Architecture." The authors then reach for the stars in a discussion of "Vedic Astrology" and present imaginative diagrams on how different parts of the body may be correlated with the solar system. This book then ranges from the unified field of consciousness to the very heavens themselves.

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