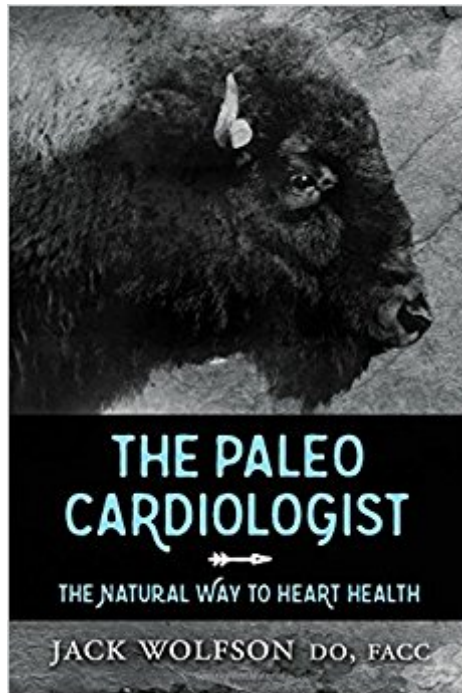




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# The Paleo Cardiologist: The Natural Way To Heart Health



## Synopsis

Medical doctors have no idea how to prevent heart disease. All they know how to do is push dangerous pills and procedures. Learn the truth in *The Paleo Cardiologist, The Natural Way to Heart Health*. Everything you were told about cholesterol is wrong. LDL is not the "bad" cholesterol. That is pharmaceutical company propaganda. Heart disease is not genetic....it is from poor nutrition and chemical toxins. "The Paleo Cardiologist" is about finding the cause of heart problems, instead of the typical Band-Aid fixes of conventional medicine. The truth is that heart disease can be prevented naturally and cardiologist Dr. Jack Wolfson will show you how. For 16 years Dr. Wolfson worked as a hospital cardiologist performing coronary angiograms and pacemakers. After meeting his chiropractic wife, Dr. Wolfson now runs a very successful, holistic cardiology office. Inside "The Paleo Cardiologist," you will learn: 1) Paleo Nutrition is the food plan for health, 2) The importance of cholesterol to every cell in the body, 3) How to avoid pharmaceuticals and skip the dangerous procedures, 4) Why stress is bad for your heart and how to relax, 5) How to get rid of the chemicals and heavy metals, 6) Sleep is critical for heart health and how to get more Z's, 7) The Top 20 supplements for heart health, 8) The Top 20 blood tests you need. Get informed. Get empowered. Read "The Paleo Cardiologist," the natural way to heart health.

## Book Information

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## Customer Reviews

"Heart disease is one of the leading causes of death in the US. *The Paleo Cardiologist*, Dr. Jack Wolfson, provides a solid resource to help you understand the reasons why. He also provides

practical guidelines for a lifestyle strategy that can help you eliminate heart disease from your future."--Dr. Joseph Mercola, founder of Mercola.com"Most books for me are a skim through and a space holder on my shelf, but this one will remain by my side, yellowed from highlighter, and a spine stressed from photocopies for my patients. Dr. Wolfson is a colleague to all practitioners who wish to do the best for their patients, regardless of who may be offended."--Decker Weiss, NMD, FASA, FFCC

"Jack Wolfson is the cardiologist you want in your corner. His take on cholesterol, grass-fed meat, sugar, nitrates, saturated fat, statin drugs and just about everything else he talks about in The Paleo Cardiologist is right on the money. Highly recommended!" --Jonny Bowden, PhD, CNS, author of The Great Cholesterol Myth (with Steven Sinatra, MD) and Smart Fat (with Steven Masley, MD)"Dr. Wolfson has hit the nail on the head. Lifestyle medicine is our most powerful intervention and is the key to optimal health. He can help you turn that key and open the door to optimal vitality. Let him help you get back your life. I know that if you will let Dr Wolfson help you restore your health you will be forever grateful."--Trent G. Orfanos, MD, FACC, Cardiologist"The son of a top cardiologist follows his father's footsteps and after years of practice awakens to the art and science of wellness. Dr. Jack Wolfson not only has a deep understanding of the self-healing power of the body, but is able to integrate all of his knowledge into a model of wellness that is powerful and can help people dramatically improve quality of life."--Keith Smigiel, DC

The real CAUSE of heart disease and the natural way to prevent it.

We live in a world where everything seems upside down, especially in our healthcare and medical system. We have barely escaped the time when a doctor dared to suggest that doctors wash their hands between autopsies and delivering babies which in the long run landed him in an insane asylum where he died. Everywhere we turn, we are being poisoned through our food, water, drugs, vaccines and our choices in the grocery store are getting slim. One of my great salvations, is to turn to the holistic experts to help make sense of it all. I appreciate Dr. Wolfson's knowledge and expertise and for his courage to break away from the status quo. He is not afraid to stand alone and he triumphs every time. Thank God for his chance (more like destined timeline of great love) meeting at the farmer's market where he met his now lovely wife, who is a chiropractor and the mother of his children. They are a beautiful family to follow and learn from. My heart went out to Dr. Wolfson in his book as he described his struggles when he was trying to implement his new ideas among a system that does not want to change. I am a holistic caregiver and I take care of the elderly. I know a little of what it is like to stand up to a doctor or dentist who is

in the mainstream. I had a recent experience where I had to tell an oral surgeon and dentist that no, my patient would not be getting a second root canal over the old root canal. It is bad enough that he had the first root canal, but to be told he needed a second is archaic medicine. Dr. Wolfson goes over the dangers of root canals in his book. Another recent experience was being yelled at because he was NOT on Warfarin, even though he was on Boluoke which has been used in Chinese hospitals safely now for a long time. His blood was normal, not too thick and not too thin. My favorite thing about Dr. Wolfson is he takes people off Warfarin and replaces it with natural choices instead. Very few doctors will dare to do this, even those who are Integrative because of the criticism of their peers. Dr. Wolfson is filling a great gap that is needed in the holistic field. We have so many Integrative doctors, but very few natural or Integrative cardiologists. Very few cardiologists will agree with an Integrative approach to doctors' supplements and lack of drugs, so the care usually falls apart when the patient goes for their annual check up. I really recommend anyone who wants to learn the latest news to prevent heart attacks and strokes and who wants to have a healthy family in this very trying time we are in. Dr. Wolfson is a voice of reason and I will be tuning into what he has to say, for a very long time. Thank you so much for your book, your desire to be a light for us all and for your courage.

Fantastic book - easy to read and tons of useful information so you will keep this as a resource book. Author practices in Scottsdale, AZ and I'm one of his very satisfied patients. He is such a caring doctor who believes in Wellness and works hard to get his patients better so they can enjoy life. This book is another method for him to dispense his advice. He writes just like he talks - clear and directly to the point. If you are serious about improving your health you need to read this book and follow his advice!

This is a well written explanation, medically, of the value of a paleo based diet and ways to prevent or change the causes of disease. The thoughtful citations and extensive scientific study of available information as well as the alternative and complementary treatments available to address the underlying cause of a symptom or syndrome or disease are an eye opener to this traditionally medically trained pharmacist. Other "natural" health books advocating alternative therapy I have read simply spit out possible alternatives without explaining the whys and wherefores without underlying proof and rarely providing citations and study results. It provides excellent information on some issues such as magnesium, which I dig out over a period of years and many more which thoughtful testing can eliminate or confirm so appropriate supplements and toxin eliminator for the

individual could be found. And the writing is fresh, interesting and not boring like this review!!!!

A very well written book with lots of information to get you started on the road to natural recovery. An easy read in mostly layman's terms with excellent explanations and reasoning. Although I say that it's well written, it could stand to have a second go on proof-reading. Personally, when I run across a misspelled word, or a poorly written sentence, it breaks my concentration and smooth read of the book. For example, on pages 157/158 "The first couple weeks are the most difficult, but once you getting rolling, you can't stop." - Irony that I couldn't "keep rolling" because it broke my concentration here - LOL On page 168 he says we shouldn't drink coffee because our ancestors never did. (It's not paleo) all while espousing the use of chlorella and Zeolite on page 129 He also seems a bit egotistical; Several times mentioning how much he does for others, and referring to himself and his practice often. Of course I would expect him to mention his practice and any positive outcomes, but he goes a bit beyond that. I also find it a bit odd to run around the backyard nude with your family (pp.6/7), but to each his own I guess. Overall, I realize everyone has different personalities, opinions, and reading styles, and I would highly recommend this book. Despite my negative comments, it is in my top two books on diet and health.

My husband is LOVING this book. A must read for anyone who wants to live a better, more healthy life. Heard about this book from a doctor friend of ours and it is spot on. Wish they could have this as a text book for middle school children.

My husband read this book and is under Dr Wolfson's care. He is feeling better, losing weight, off 4 Big Pharma medications and halved two others. Dr Wolfson is wonderful to work with. We follow a real food style of eating, and enjoy trying out all the new possible recipes, and do not feel at all deprived in what we can eat. In fact, we get to have many things we had avoided beforehand. There is always lots to eat and we never go hungry - we love this new way of cooking/ eating, and our lifestyle changes. We have recommended this book to many friends and given out several copies!

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