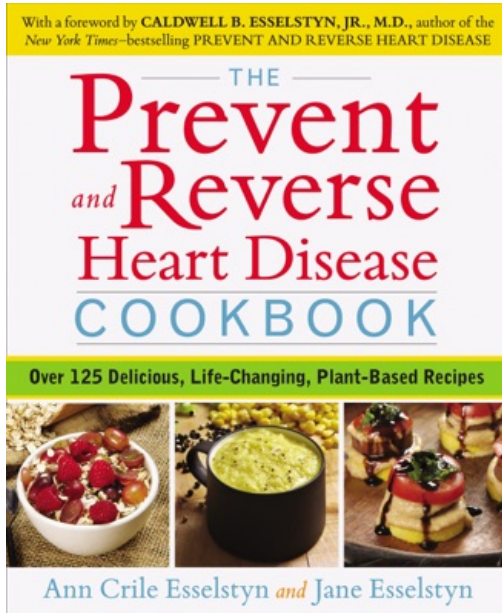


# Download The Prevent and Reverse Heart Disease Cookbook free Ann Crile Esselstyn & Jane Esselstyn (PDF, ePub, Mobi)



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.

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**Autor** : Ann Crile Esselstyn & Jane Esselstyn  
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