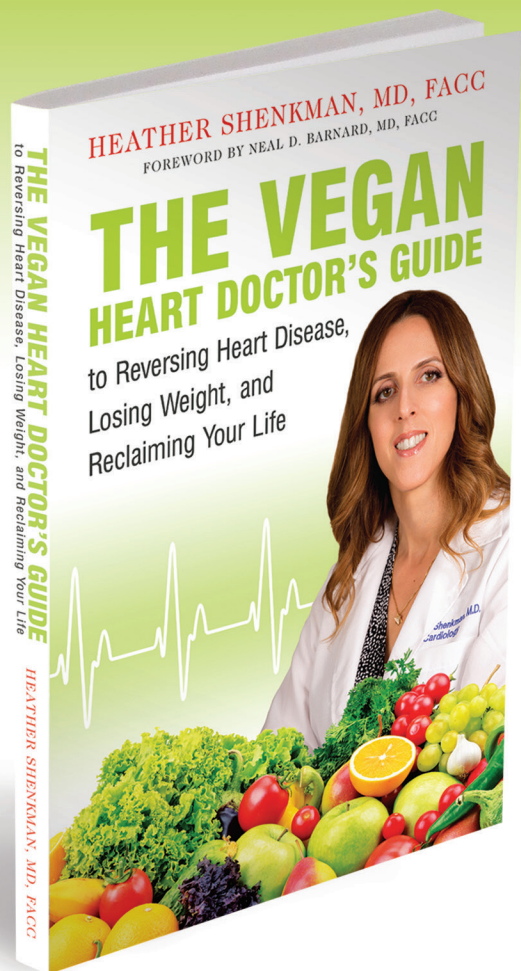


“Dr. Shenkman provides a proven and comprehensive plan to keep you at your peak fitness and, ultimately, put herself out of work! Her long years as a doctor and athlete add to the importance of this work. Share it widely with your friends and loved ones as I will.”

—Joel Kahn, MD, FACC, Author of *The Plant-Based Solution*

FINALLY, THE WHOLE-HEARTED APPROACH TO TREATING CARDIAC DISEASE THAT YOU’VE BEEN WAITING FOR



If you suffer from heart disease, you are all too familiar with the standard treatment plan of pills, doctor’s appointments, and tests. But interventional cardiologist Heather Shenkman, MD, FACC, says what happens inside medical offices and hospitals is only a tiny part of what it *really* takes to heal heart disease. Most conventional doctors barely mention lifestyle. And yet, what you eat and how much you move are central to attaining optimal health.

Dr. Shenkman says a plant-based diet, plenty of exercise, and a whole-hearted approach to living make up the best prescription of all. And in *The Vegan Heart Doctor’s Guide to Reversing Heart Disease, Losing Weight, and Reclaiming Your Life*, she lays out a simple, manageable protocol for transitioning to a vegan diet and safely leaving your former, sedentary self in the dust.

In an age when healthy living is no longer optional, Dr. Shenkman’s message could not be more timely or inspiring. When you read this book, you’ll realize heart disease does *not* mean your life is over. In fact, you can let your diagnosis motivate you to make the needed changes that free you up to—*finally*—fully *live*.

DR. SHENKMAN IS ACCEPTING NEW PATIENTS

Heather Shenkman, MD, FACC, is an interventional and preventive cardiologist. She is a proponent of lowering her patients’ risk of heart disease through healthy lifestyle changes, including a plant-based diet and regular exercise. An avid athlete, Dr. Shenkman has completed over a hundred races of various distances.

After practicing cardiology in the Los Angeles area for ten years, Dr. Shenkman now treats patients at her new full-service practice in Tarzana. This allows her to give individual time and attention to each patient to build a lasting partnership for the best care possible. In addition to providing the best in cardiac support, Dr. Shenkman offers additional enrichment opportunities, including nutrition seminars, individual consultations, and cooking and weight-loss classes.

Phone: 818-938-9505 Fax: 818-938-9513 18663 Ventura Blvd., Suite 202, Tarzana, CA 91356

LET IRONMAN TRIATHLETE AND MARATHON RUNNER HEATHER SHENKMAN, MD, SPEAK TO YOUR GROUP ABOUT HER PROVEN LIFESTYLE APPROACH TO HEALING HEART DISEASE



As an interventional and preventive cardiologist, Dr. Shenkman delivers compelling keynotes on how lifestyle changes like diet and exercise can help heal heart disease naturally. And she doesn't just *talk the talk*; she *walks the walk*. Dr. Shenkman is an impressive endurance athlete and fuels her busy lifestyle with an entirely plant-based diet. Her message of hope will inspire and encourage anyone facing heart disease to embrace the lifestyle changes that lead to better health.

"If you don't want to be another victim of the obesity and heart disease epidemic, then read this eye-opening, inspiring, and very practical book by Dr. Shenkman. You will quickly discover that we have so much more control over our health and destiny than we are led to believe once we have the right knowledge and tools. Reading this book will give you precisely what you need to turn your life and health around now and never look back—the comprehensive information in this book that Dr. Shenkman shares can literally add both years to your life and life to your years!"

—Steven Lawenda, MD, Family Medicine and Lifestyle Medicine

"There's a movement afoot in healthcare to address cardiovascular disease at the root: our diets. And there's no one better equipped to speak out about the deleterious effects of the standard American diet (appropriately abbreviated to SAD) than a cardiologist like Dr. Heather Shenkman. The evidence for the efficacy of dietary changes in the prevention and treatment of many diseases is clear, and now is the time to put plant-based diets on the forefront. This book not only clearly explains the case for eating more plant foods, but shows you how to do it. *The Vegan Heart Doctor's Guide* is a gift to the world that can literally save lives!"

—Matt Ruscigno, MPH, RD, Chief Nutrition Officer at Nutrinic

"Diet is now the number-one cause of early death and disability in the United States. The beautiful message from that is we have much control over our health destiny based on what we put on the end of our fork. Dr. Shenkman provides a sound starting point with tools to empower patients to help reduce, and even prevent, symptoms and adverse health outcomes associated with cardiovascular disease."

—Julieanna Hever, MS, RD, CPT, Author of the *Plant-Based Nutrition Idiot's Guide* and *The Vegiterranean Diet*

For more information, or to book Dr. Shenkman for a speaking engagement, please visit www.drheathershenkman.com or email dr@drheathershenkman.com.