



The Coronary Cure: A Modified Mediterranean Diet for The Prevention of Atherosclerosis, Hypertension, Obesity, Diabetes, Arthritis and Kidney Stones: Molecular Mechanisms and Practical Guidelines. NUTRITION 101, AN ANTIOXIDANT DIET

Jonathan Douglas Brewer, Douglas Carl Brewer M.D.

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Education is Brewer and Brewer's true coronary cure. Like no other diet book, The Coronary Cure teaches the science of diet and disease allowing, one to first understand and then develop a healthier life. The book advances its dietary recommendations from basic biochemical mechanisms to large scale human clinical trials. Cardiovascular disease remains the number one cause of death and disability in the industrialized world. The Coronary Cure is just what this doctor orders. (Joel F. Schneider, M.D., Cardiologist, Wake Heart Associates, Raleigh, North Carolina) "The Coronary Cure forges a refreshing and unique approach for using dietary intervention to help readers, patients, and doctors avoid, lessen the effects of, or even cure a broad range of diseases, most of which are currently treated with medicine or surgery. The authors have formulated a very convincing thesis, based heavily on the findings of several hundred clinical studies reported in major medical journals and involving thousands of people from all over the world. As a whole, this body of medical science strongly supports the need for specific changes in dietary that can prevent or significantly ameliorate many diseases associated with oxidative stress and biochemical changes at the cellular level. For example, these include degenerative heart disease, atherosclerotic vascular disease, diabetes, and obesity, plus gastrointestinal, autoimmune, and a host of other widespread, high-profile diseases. The authors begin the book with basic high school chemistry, and progress rapidly to explain the biochemical and physiological terms and principles needed to understand why the specified changes in diet will lead to the desired effects. By repeating and presenting complex concepts from different perspectives, they make the difficult subjects highly learnable. Specific suggestions for an interesting and varied diet, including examples of tasty recipes, are provided."

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