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Review of Brad
Bale/Amy Doneen's
book BEAT THE
HEART ATTACK
GENE by Ford Brewer
MD MPH

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Episode #91: How to
Beat the Heart Attack
Gene with Dr. Bradley
Bale

Beat the Heart Attack
Gene Beat the Heart
Attack Gene Beat the
Heart Attack Gene
(Audiobook) by Bradley
Bale How to detect and
manage 9P21—the
\"Heart Attack\"
gene: Cardiogenetics—
9P21 cancer/diabetes/ev

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~~risk~~ DO YOU HAVE
THE HEART ATTACK
GENE? 2019: pt 1 the
basics How I Reversed 20
years of Arterial Plaque
Stopping Statins Part 3:
Be Careful if you do this!!
Reducing Arterial Plaque
- Is it Possible? Episode
#229: The Red Flag
Warnings of Heart
Attack and Stroke with
Drs. Bradley Bale and
Amy Doneen How to

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prevent heart attack and
stroke with

METFORMIN; part 2 in
a series How to Test for

Cardiovascular
Inflammation:
Microalbumin

Creatinine Ratio

Cinnamon: does it
prevent heart attack,
stroke, cancer, diabetes?

Coconut Oil \u0026

MCTs; is it a

“ Miracle ” (Bruce Fife)

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~~or “ Risk ” (AHA)?~~

~~How I Reversed My
Arterial Age 20 years
(pt2): My Scores~~

Rosuvastatin (Crestor)

Dosage - how low can
you go? and maintain
anti inflammatory effects?

The Great Niacin

Debate: AIM HIGH,

HPS2 THRIVE 15

RULES to Prevent

HEART ATTACK

\u0026 STROKE RISK -

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FORD BREWER MD

MPH Arterial Plaque

Reversal: HDL,

Autophagy \u0026amp;

Inflammation Wanna

know how to collapse
your heart disease risk?

Ok then. Longevity:

Diets vs Pills: Metformin:

Valter Longo vs Nir

Barzilai No More Heart

Attack - Prevent \u0026amp;

Reverse Heart Disease

Do you have Apo E 4:

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Heart Attack/Dementia
risk - Ford Brewer Do
~~You Have The HEART
ATTACK GENE? 9p21:
pt 2 - controller Fasting,
Valter Longo \u0026
Meat Products (David
Sinclair Book LIFESPAN
- Part 5) How to Reverse
Heart Disease - 4
Simple Steps from Dr.
Dean Ornish Beat the
Heart Attack Gene How
to lose weight~~

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with: Metformin,
Naltrexone or Contrave -
how they work, safety,
risks Beat The Heart
Attack Gene Prevent
In BEAT THE HEART
ATTACK GENE, they
present a new model for
understanding and
preventing heart disease,
providing readers with
tools to partner with their
doctors in creating a
personal care plan based

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on their own unique risk factors. The book includes easy quizzes and self-tests as well as advice for how to apply that knowledge through nutritional and lifestyle changes.

Diabetes

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Gene includes easy

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quizzes and self-tests that show how to determine cholesterol genotype as well as advice for how to apply that knowledge through nutritional and lifestyle changes. For heart attack and stroke survivors, the Bale/Doneen Method also helps prevent recurrences by identifying and treating what's triggering the

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patient's disease—a
crucial step that many
cardiologists neglect.

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apply that knowledge
through and
individualized lifestyle
advice.

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Beat the Heart Attack
Gene. September 7, 2018
ebooks md. A
revolutionary,
personalized guide to
preventing heart

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disease—America's #1 killer. Heart disease is the #1 cause of death in America. It affects 81 million Americans and is the culprit in one of every two deaths in the United States. Most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors.

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The Habit Helps Beat the
Heart Attack Gene. As
discussed more fully in
the BaleDoneen book,
Beat the Heart Attack
Gene, about 50% of
Americans carry genes
that raise their risk for
heart attacks and strokes,
such as the 9P21 gene.
About 25% of the U.S.

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population, including Dwayne, is homozygous for this gene, meaning that they have inherited it from both their mother and father.

“I Beat the Heart Attack Gene!” — BaleDoneen Method®

Beat the Heart Attack Gene includes easy quizzes and self-tests that show how to determine

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cholesterol genotype as well as advice for how to apply that knowledge through nutritional and lifestyle changes. For heart attack and stroke survivors, the Bale/Doneen Method also helps prevent recurrences by identifying and treating what's triggering the patient's disease—a crucial step that many

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cardiologists neglect.

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9P21 Genotype:
Identifies Carriers of the
Heart Attack Gene. This
test checks for the 9P21
gene, often called “ the
heart attack gene, ”
because it independently
predicts risk even when
family history, diabetes,

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high blood pressure and obesity are taken into account.

Revolutionary

Do You Have the Heart
Attack Gene? –

BaleDoneen Method®

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Gene: The Revolutionary

Plan to Prevent Heart

Disease, Stroke, and

Diabetes MP3 CD –

Audiobook, April 8,

2014. by Bradley Bale

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