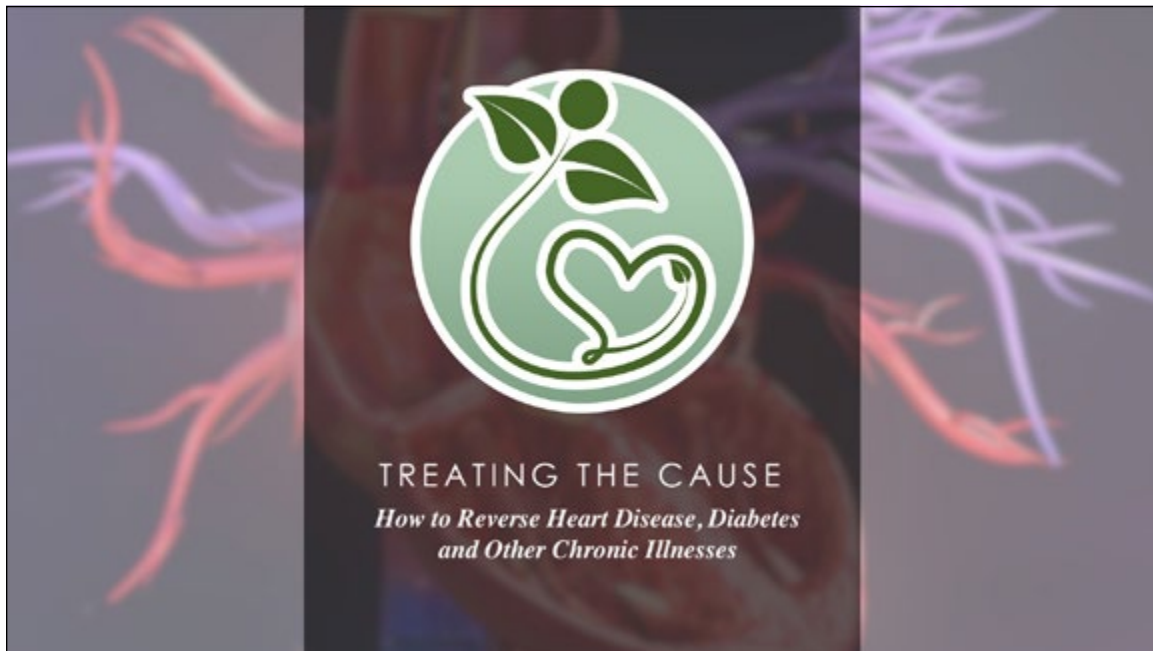
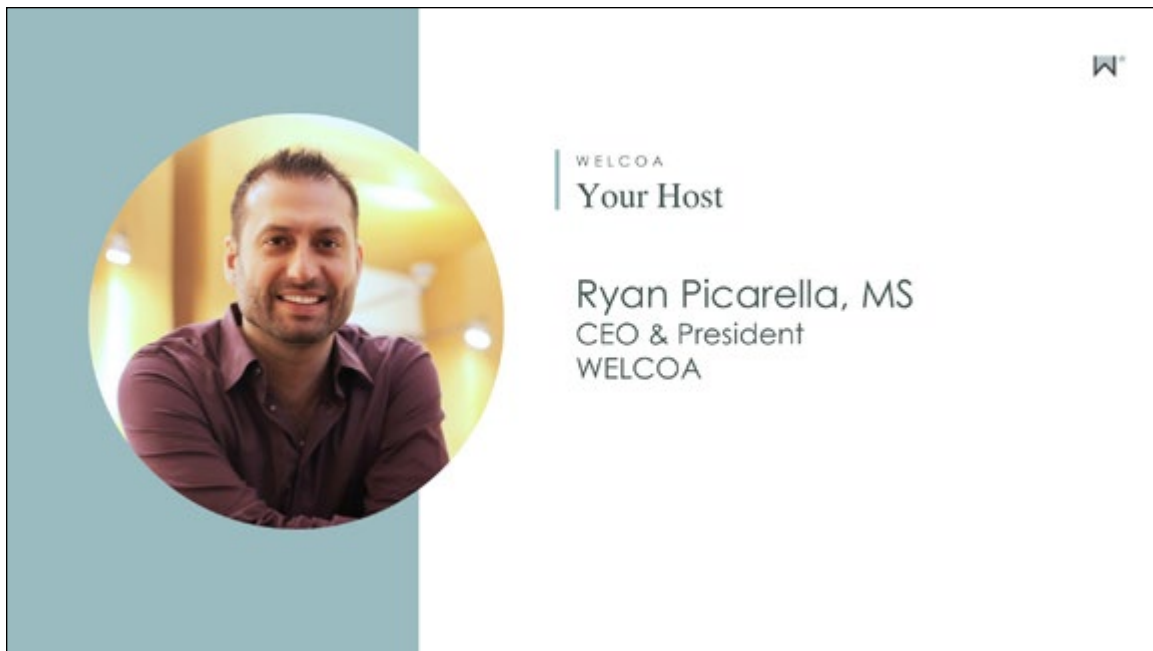


Treating the Cause: How to Reverse Heart Disease, Diabetes and Other Chronic Illnesses

Caldwell B. Esselstyn Jr, MD



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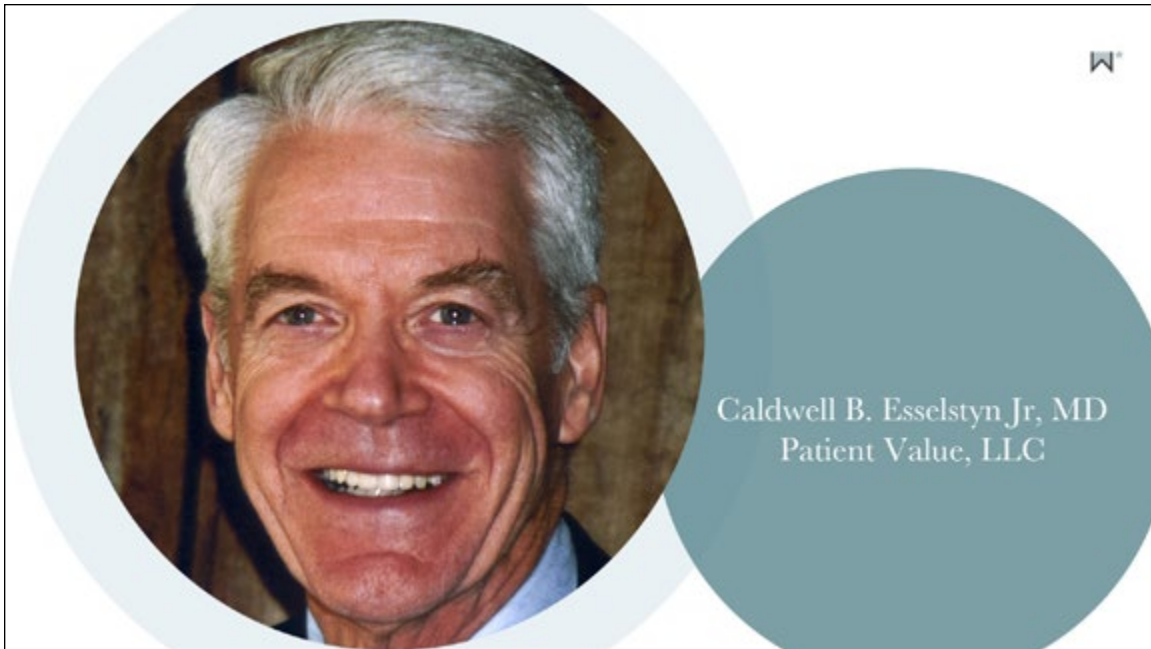
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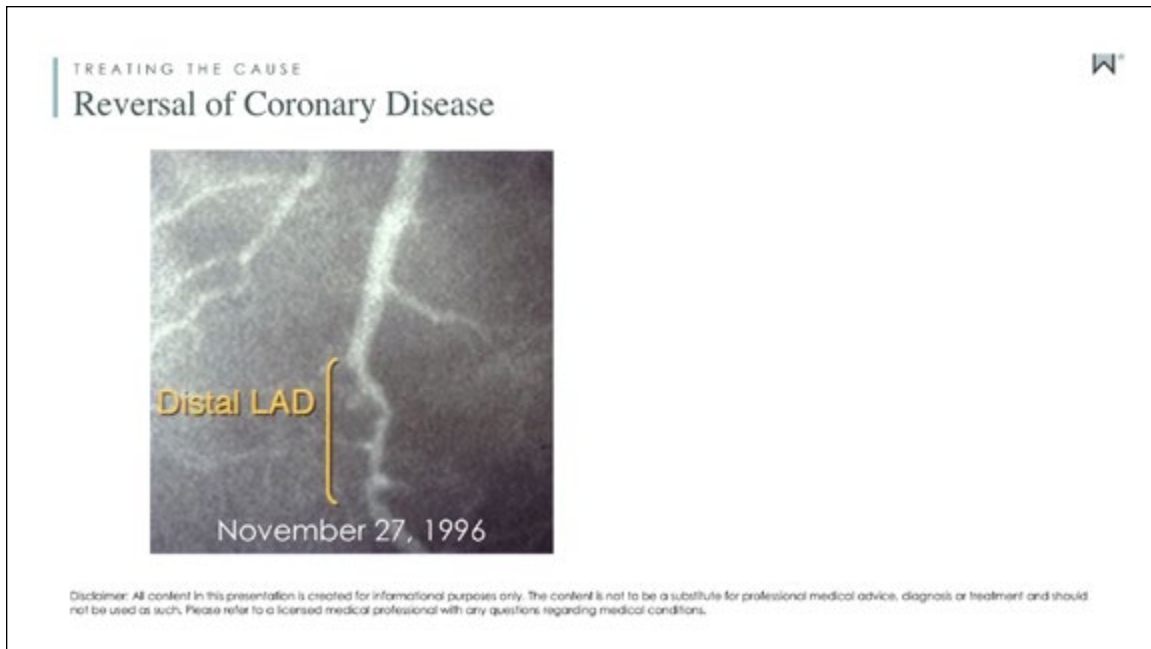
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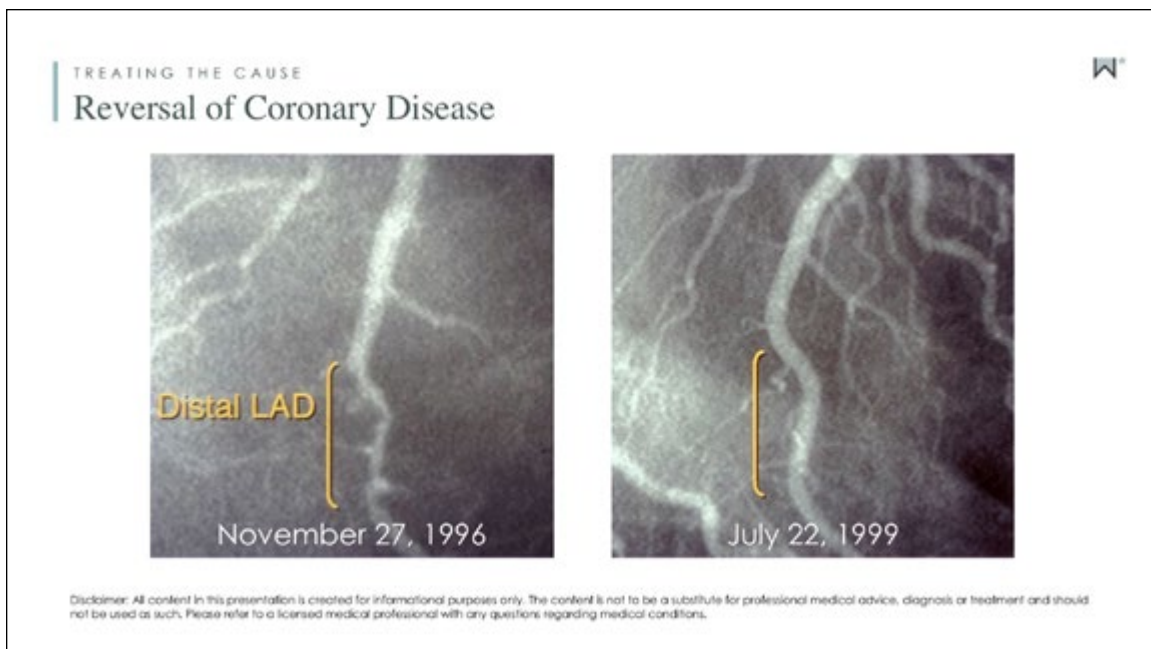
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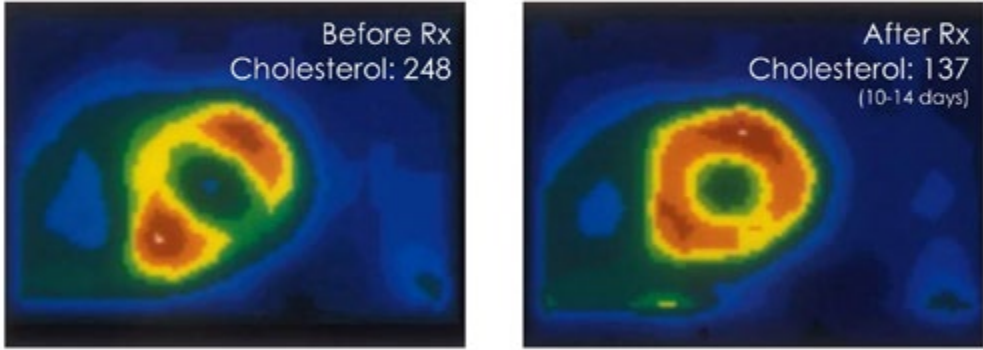
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TREATING THE CAUSE

One Patient's PET Scan (Blood Flow) and Cholesterol



Before Rx
Cholesterol: 248

After Rx
Cholesterol: 137
(10-14 days)

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2011



6 mo later



2014



"Our daughter's wedding was 6 months after starting a plant based diet. There is no way Jim would have been able to dance all night if he hadn't changed his diet."
- Jim's wife

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W

TREATING THE CAUSE

Dr. Jimmy Conway

Board Certified Orthopedic Surgeon, Oklahoma City

- 2010 test: Cholesterol @ 494, Triglycerides @ 3,295
- Scheduled for triple bypass (non-emergency)
- Read Dr. Esselstyn's Prevent and Reverse Heart Disease and Campbell's 'The China Study
- Cancelled bypass, went plant based
- 6 months later: cholesterol @ 115, triglycerides @ 175
- Later stent recommended, discussed with Dr. Esselstyn, decided no stent
- Today feeling "better than I felt since I was 35."

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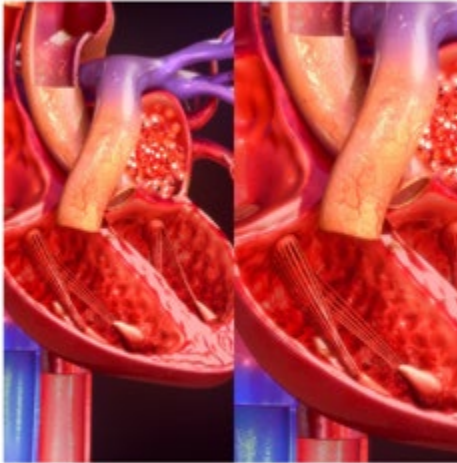
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TREATING THE CAUSE

18 Patients, 8 Years Prior to Study, 49 Coronary Events

Increased angina	18
Angiographic disease progression	13
Bypass surgery	7
Infarctions	4
Strokes	3
Angioplasty	2
Worsening stress test	2



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TREATING THE CAUSE

18 Patients Followed 12 Years

- 49 coronary events during 8 years prior to study
- None in 17 compliant patients during 12 years

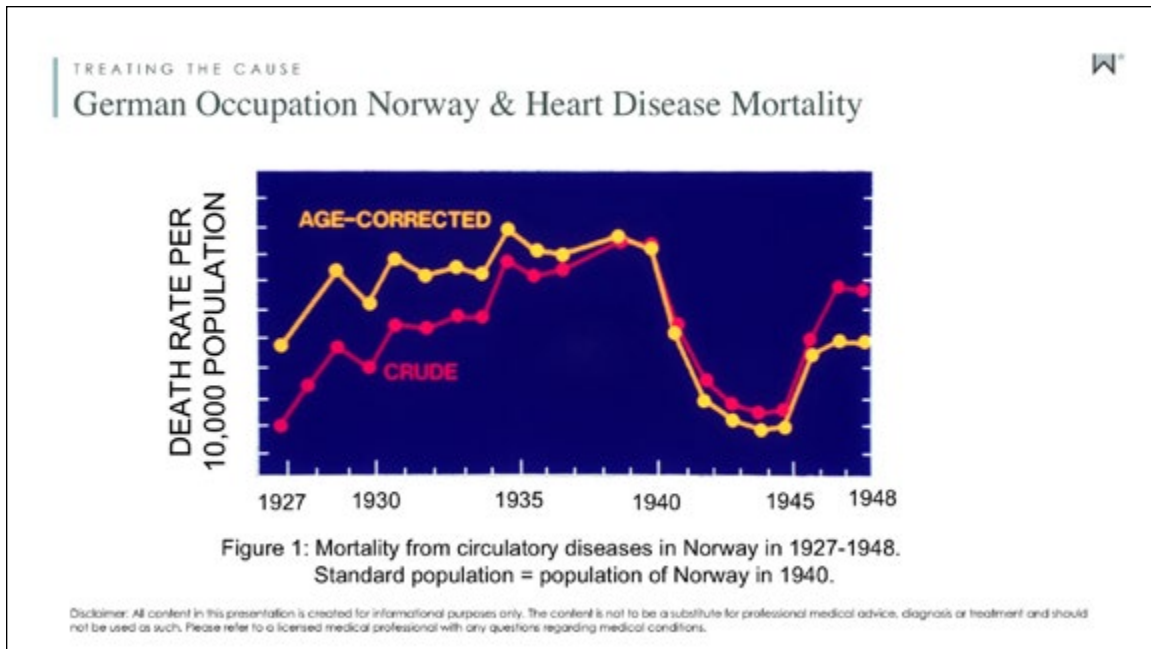


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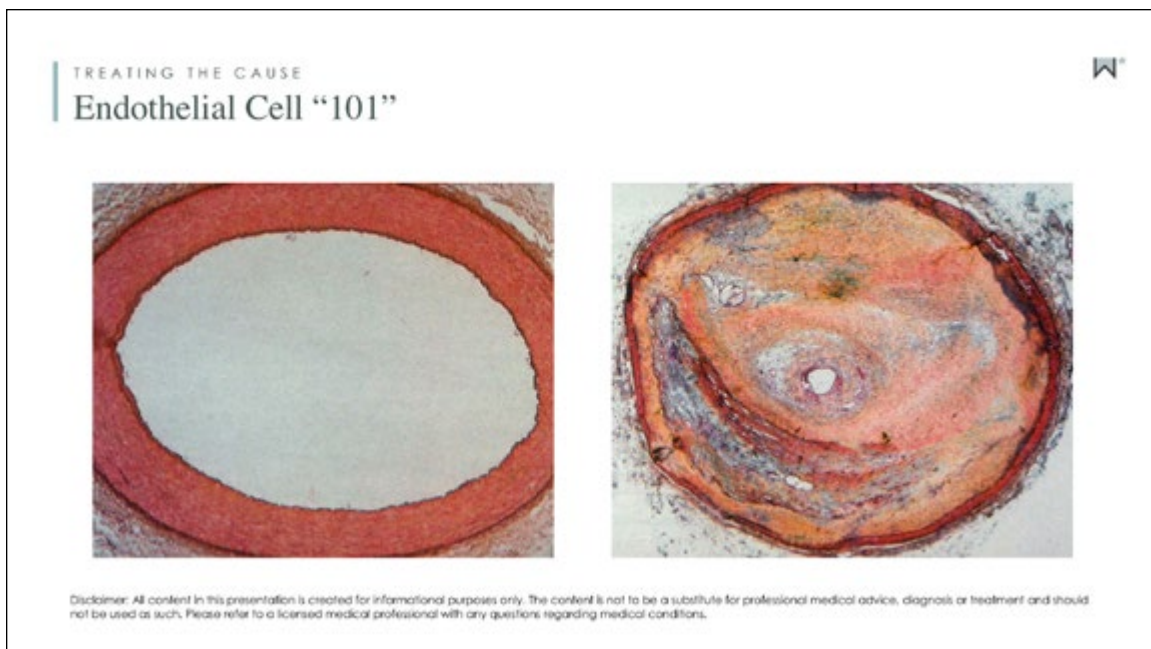
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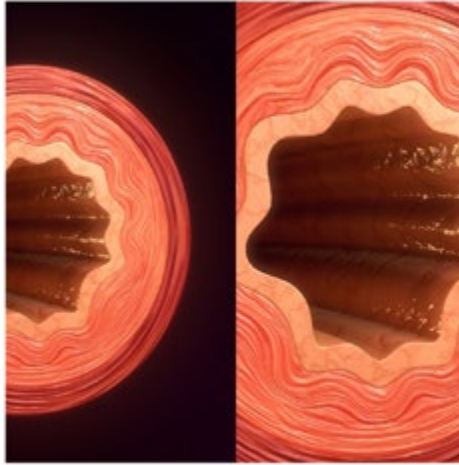
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TREATING THE CAUSE

Endothelial Cells Make Nitric Oxide

Nitric Oxide Functions

1. Prevents stickiness
2. Vasodilatation
3. Avoids arterial thickening
4. Prevents blockages
5. Prevents smooth muscle migration
6. Destroys foam cells

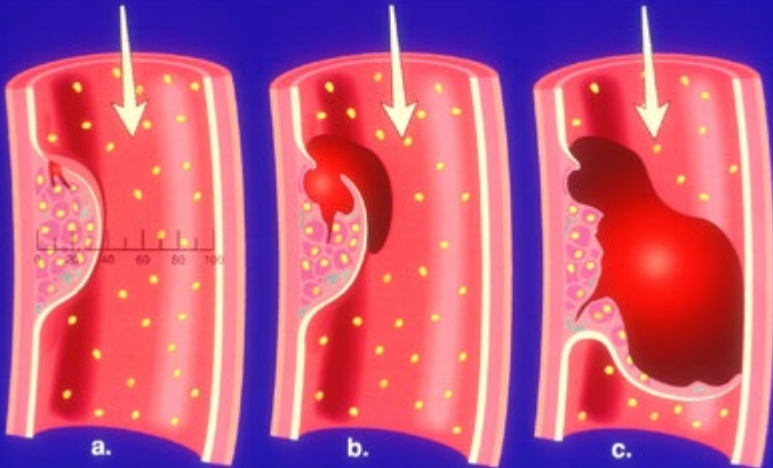


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TREATING THE CAUSE

Heart Attack Causation

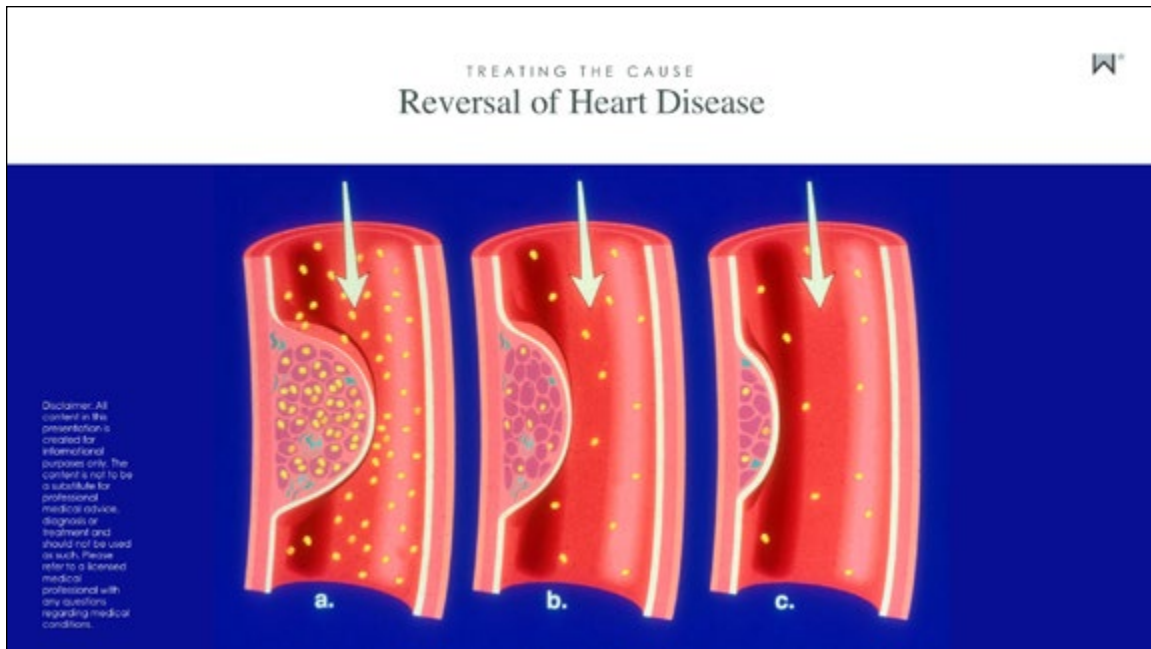


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TREATING THE CAUSE
Colin Campbell, PhD (Biochemistry)

“Good nutrition deals with the root causes of disease – including those as different as


- cancer,
- cardiovascular disease,
- obesity,
- neurological disorders,
- diabetes,
- a wide variety of autoimmune diseases, and bone diseases.”

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Treating the Cause: How to Reverse Heart Disease, Diabetes and Other Chronic Illnesses

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TREATING THE CAUSE
Caldwell Esselstyn, PhD

“If Americans abandoned their toxic diets and learned a truly healthy approach to eating, we could largely reverse, halt or prevent: heart disease, strokes, diabetes, hypertension, erectile dysfunction, obesity and overweight, osteoporosis, autoimmune diseases like rheumatoid arthritis and lupus, and diminish the likelihood of cancers of the breast, prostate and colon, dementia and mental illness.”

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TREATING THE CAUSE

How to Reverse and Prevent These Diseases

#1: Foods to Be Avoided

- Oil
- Fish
- Fowl
- Meat
- Dairy
- Sugar
- Caffeinated Coffee



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TREATING THE CAUSE

How to Reverse and Prevent These Diseases

#2: Foods to Be Included

- Whole Grains
- Legumes, lentils
- Vegetables
- Fruit



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TREATING THE CAUSE

How to Take Action?

My Book: *How to Prevent and Reverse Heart Disease*


- The basic science of why it is possible to reverse and prevent heart and numerous other chronic diseases at any age
- Patient success stories
- The joy of eating this way and recipes to do it

My Website: www.dresselstyn.com

- More of everything covered in my book

Meal Planner for Dr. Esselstyn meals:
<https://mealplanner.engine2.com>

- Three recipes for each meal daily following my recommendations
- Tailored to your tastes, kitchen and time



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TREATING THE CAUSE

How to Take Action?

For Employer and Union Health Benefit Programs:

Patient Value, LLC
314 MAGNET Innovation Center
1768 East 25th Street
Cleveland, Ohio 44114
(216) 496-0836
Website: www.patientvalue.org
Password: plants



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