ALL STROKES AND HEART ATTACKS are potentially preventable," explains world-renowned cardiovascular specialists Bradley Bale, MD and Amy Doneen, ARNP (of Spokane). The key, they say, lies in achieving optimal medical care, which includes correctly identifying and treating the root causes of cardiovascular disease (CVD). Bale and Doneen, founders of the Heart Attack & Stroke Prevention Center, have devised a new model for detecting and preventing CVD, the leading killer of men and women in the United States. In their new book, BEAT THE HEART ATTACK GENE: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes, they share their proven, scientifically designed method, empowering people to take charge of their medical destiny and overcome cardiovascular perils.

"Most doctors are not disease detectives," writes Bale and Doneen. "They’re trained to look for symptoms of active disorders." As a result, many healthcare providers fail to delve deeply into family history to search for genetic risks that could lead to future illnesses. They also screen and treat patients according to the average results from large studies, delivering one-size-fits-all care instead of tests and therapies tailored to their patients’ individual needs.

In BEAT THE HEART ATTACK GENE, Bale and Doneen provide readers with tools to partner with their doctors in creating a personal care plan based on their own unique risk factors. This involves taking advantage of widely available, inexpensive tests that can reliably identify the early signs of cardiovascular disease up to thirty years before it escalates into a silent killer. It also includes tailoring lifestyle changes—including diet, exercise, and supplements—to one’s unique specific conditions and genetic makeup.

Illustrated by examples from the authors’ own patients—many of whom had symptoms that were dismissed by prior doctors, or had already undergone bypass surgery and felt they were out of options—Bale and Doneen explain what really causes heart disease, debunking many myths and misconceptions. For example, contrary to popular understanding, most heart attacks don’t strike in severely blocked arteries, the ones that surgeons target for bypasses and stents. Instead, what is critical is inflammation of the arterial walls. This inflammation can destabilize plaque, causing it to rupture and tear the blood vessel lining, creating a clot. Therefore, unlike the current standard of care, which is largely concerned with blockages, the Bale/Doneen Method focuses on detecting plaque and inflammation.

"It’s never too late to optimize your care, solve the mystery of why you’re not responding to your current treatment, and even save your life," assert Bale and Doneen, who have taught their method to hundreds of healthcare providers from all over the world. BEAT THE HEART ATTACK GENE equips readers with the information they need to take control of their heart health, no matter what their symptoms—or lack thereof.

For more information, visit www.beattheheartattackgene.com.