

**“Heart disease  
CAN be reversed  
... and I’m  
living proof.”**



**- Dr. Chauncey Crandall  
Cardiologist**

**How a Yale-trained cardiologist reversed HIS OWN  
heart disease and the need for heart medications.  
And how his method can work for you, too, *in as  
little as 90 days.***

Dear Friend,

“How could this be happening to me?” I wondered . . .

I was only 48 at the time . . . and a heart surgeon. I didn’t smoke, didn’t have diabetes, and had *no* family history of heart disease.

**Chauncey W. Crandall, M.D., F.A.C.C.**, is the director of preventive medicine at the world-renowned Palm Beach Cardiovascular Clinic in Palm Beach Gardens, Fla., where he practices interventional, vascular, and transplant cardiology. Dr. Crandall received his post-graduate training at Yale University School of Medicine, where he also completed three years of research in the cardiovascular surgery division. He lectures nationally and internationally on preventive



cardiology, cardiovascular healthcare of the elderly, healing, interventional cardiology, and heart transplants. Known as the “Christian physician,” Dr. Crandall has been heralded for his values and message of hope to all his heart patients.

And yet, one evening not long ago, when I boarded a plane to return home after a medical conference, I felt a sharp jab in my shoulder.

I thought it must be from picking up my suitcase, and ignored it. By the time I got home, the pain was gone.

The next morning I felt fine. So I decided to go for a walk with my wife, Deborah, as she went for her morning jog.

*I couldn't even make it to the end of our driveway.* The pain returned, much worse.

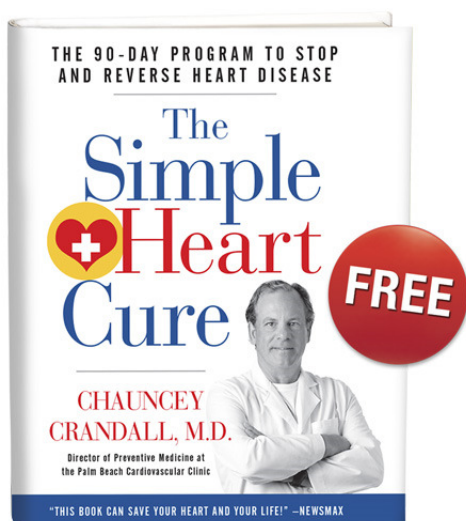
“Deborah, you have to take me to the hospital,” I told her. “I’ve got a heart problem. I don’t know why, but I do.”

By the time I was on the table at the emergency room, I was screaming in agony. I had what’s called a “widow-maker.” A widow-maker is a blockage at the very beginning of one of the main coronary arteries. It shuts off the whole arterial bed that feeds most of the heart, and it usually results in death.

That’s why my pain was so severe. My entire heart was crying out for blood — but couldn’t get any. My left anterior descending artery (LAD) was 99 percent blocked.

I had emergency surgery and had two stents (artery-opening tubes) inserted. But make no mistake. My life changed that day. And so did my mission as a doctor and as a Christian.

**The deadly secret I was hiding from myself and how you can avoid the same fate.**



I learned from this episode that if I wanted to keep making a contribution to this world, I had to take better care of my heart.

I had to make some simple, yet profound changes to my life that could actually reverse my heart disease and prevent this from ever happening again.

I'm going to tell you about those simple changes today. But more importantly, I'm going to SHOW YOU the complete way you can stop — and even reverse — heart disease. So you never have to go through what I did.

With your permission, I want to send you a complimentary copy of my #1 bestseller, **The Simple Heart Cure: A 90-Day Program to Stop and Reverse Heart Disease**. All you have to do is [click on this link](#).

**It shows you exactly how your heart disease can become a thing of the past — *without* invasive surgeries and often without medications.**

For instance, you'll discover . . .

- **How to spot the early warning signs of a heart attack** — in time to prevent one.
- **The key to surviving an actual heart attack.** The most important thing to do *before* you call 911 that could make all the difference.
- **Why heart surgery may NOT be your best option.** The best way to know for sure . . . even while you're still in the hospital.
- **The newest, minimally invasive heart procedures** that practically make heart surgery obsolete.
- **How to beat heart disease without bypass surgery, balloon angioplasties, artery stents or surgery of any kind.**
- **How to reduce and even eliminate your need for cholesterol-lowering drugs** and other medications.
- And much, much more.



It's all explained in clear, simple language that's easy to understand.

So please, if you or anyone you love has heart problems, take advantage of this life-saving guide today. Get your FREE copy of **The Simple Heart Cure**.

And that's not all. As an extra gift, I want to send you a FREE 3-month trial subscription to my monthly newsletter, the **Heart Health Report**.

Each issue gives you smart ways to fight heart disease, along with action-oriented tips about new treatments, effective medications, the use of supplements, diet and exercise ideas, and more. So you can take complete control of your heart health.



These are the same strategies that I use myself and on my patients at my Cardiovascular Clinic in Palm Beach Gardens, Fla.

I also answer your personal questions about heart health in a special column each month in the newsletter. It's like a "virtual visit" to a cardiologist!

PLUS . . . for the length of your trial subscription, you'll receive 24/7 access to the entire archive of **Heart Health Report**. (That's more than 85 back issues . . . over seven years of lifesaving advice available to you instantly!)

You can look up any heart health issue that concerns you. Read about it at your leisure. Or print it out and take it to your next doctor's visit.

Here are just a few of the topics you'll have at your fingertips:

- ✓ **5 Hidden Risk Factors for High Blood Pressure**
- ✓ Heart Tests That Can Save Your Life
- ✓ **The Heart-Healthy Benefits of Prayer, Church, and Charity**
- ✓ 5 Health Habits That Prevent Heart Attacks
- ✓ **What You Must Do to Prevent a Stroke**
- ✓ The 6 Numbers You Need to Know
- ✓ **And much, much more**

All this is yours FREE when you request a FREE copy of my **Simple Heart Cure** (a 208-page book and \$24.95 value). There is no charge for the book or obligation, just a small \$4.95 charge to cover the cost of shipping.

## **Don't put off this decision any longer!**

Do you know the scariest part of heart disease? Most people NEVER REALIZE they're having a heart attack!

**"A heart attack can be stopped in its tracks and you can go on to lead a normal life — but only if you know what to do and follow through quickly."**— Dr. Chauncey Crandall, M.D.

In fact, a recent study out of Duke University Medical School found that up to 60% of people fail to recognize they are having a heart attack. And these so-called "silent" heart attacks are associated with a shockingly high risk of death.

Truth is, your body may be trying to warn you of an impending heart attack for days . . . weeks . . . even months before it occurs. Unfortunately, by the time you actually realize you are suffering from a heart attack, it could be too late to prevent death or permanent heart damage.



For many people, the chance of a stroke (blood blockage in the brain) is even more frightening. A stroke can lead to long-term disability. That means no longer being able to do the simplest things, like eat, dress, or go to the bathroom by yourself.

None of this has to happen. I'm going to show you how to actually prevent and reverse heart disease — as well as reduce your risk of other degenerative diseases, too, such as diabetes, arthritis, and even cancer.

## Why does The Simple Heart Cure work when other plans fail?

My 90-day plan will work for you even if you've tried and failed a dozen times to change your lifestyle and diet. Why?

Because I show you how to make heart-healthy living a HABIT. So you don't even have to think about it each day.

I have a simple philosophy for my patients that's best expressed as . . .

### Did you know . . .

- ▶ The vast majority of heart attacks do NOT happen suddenly. In fact, they can stretch out over days, weeks, *even months*.
- ▶ Knowing your total cholesterol number isn't enough. Because HALF of the people who die from heart attacks have cholesterol readings considered to be in the "normal" range.
- ▶ About one-third of heart attack victims die without experiencing symptoms. They succumb to so-called "silent" heart attacks.
- ▶ Heart disease is not something you have to get as you grow older. It simply does not have to exist. *In fact, in some cultures it does NOT exist!*
- ▶ 75 percent of all deaths from heart disease have a single cause that develops undetected over decades — often with no symptoms at all.

**Find out how to detect the early warning signs of heart disease and heal your heart without surgery, invasive procedures or drugs in Dr. Crandall's The Simple Heart Cure. [Click here now.](#)**

"I meet you right where you are." I work with you on a comfortable course of action to achieve your best outcomes over time. That means . . .

My plan *doesn't* involve an ultra-strict diet you can't follow. Instead, I give you many delicious options for reducing your heart risk.

My plan *doesn't* involve punishing yourself at the gym. In fact, I show you a way to exercise that's so easy, you can do it every day. And it's ALL YOU NEED to meet the fitness goals for reversing heart disease!

My plan doesn't force you to use statin drugs. I might suggest them to quickly get your numbers under control. But then I show you how to make lifestyle changes to control your cholesterol without using drugs.

It's the same simple plan that has worked wonders for thousands of my patients.\*

**People like Ron . . .** a big guy in his mid-50s, who started suffering chest pains after a business trip. Ron had narrowing in two coronary arteries and a blood clot that was about to close off blood flow to his heart. With swift action and a special type of rehab plan, he avoided a full-blown heart attack and got back to living a normal life again.

**Or like Helen . . .** who was busy doing her holiday shopping when she felt a sudden cramping in her chest. Her coronary arteries were closing due to high cholesterol and high blood pressure. Yet with a few simple changes to her diet and a few stress-busting secrets, she was no longer a candidate for a holiday heart attack. She rang in the New Year feeling better than she had in years.

**Or like Henry . . .** aged 60, who one day felt a sharp jab of pain in his shoulder and shortness of breath while lifting a suitcase at the airport. Turns out, his left anterior heart artery was 90 percent blocked. He was just one big stressful event away from a fatal heart attack. But after switching to the heart health plan I'm about to show you . . . he slimmed down and had more energy than ever. His buddies even asked what his secret was!

*\*Names changed to protect privacy.*

This plan works because it's so simple, sensible, and easy. And it can work for you, too.

## **It also contains a secret ingredient that's missing from so many other methods.**

Believe it or not, you possess an almost-magical ability to heal your heart that very few people use. This secret can help evaporate the stress in your life . . . lower your blood pressure . . . and yes, even reduce your risk of heart disease. And all this has been scientifically proven and documented.

I will reveal the secret in the last chapter of my book, **The Simple Heart Cure**.

**Why am I giving all this away?**  
**Two reasons.**



**#1.** Frankly, I should have been the last person to ever suffer a heart attack. After all, I was only 48, and a cardiologist. I knew all the danger signs of heart disease, and had no family history of the disease.

And yet it DID happen. If it can happen to me, it can happen to anyone.

I do NOT want you to go through what I did.

I made it my mission that day, as I lay in my hospital bed recovering from emergency surgery, to do everything in my power to help as many people as I could to avoid the pain and anguish I suffered.

I developed a plan that erased every trace of heart disease from my own heart. And then began sharing it with the patients at my clinic.

Over the years, it has helped thousands achieve what I could not — stop and reverse their heart disease BEFORE they had a life-threatening incident.

It can do the same for you.

**#2.** Because it's also the best way I know to introduce you to my monthly newsletter, **Heart Health Report**. This is an outstanding way to stay up-to-date on the latest developments that can keep your heart — and your entire health — in tip-top shape.

So please, take advantage of this special offer and [click here now](#) to get your FREE copy of **The Simple Heart Cure**. . . a RISK-FREE 3-month trial subscription to my **Heart Health Report** . . . and unlimited online access to seven years of past issues. You will be so glad you did.

**Just like these other Heart Health Report readers, who wrote:**

**“My blood pressure has normalized . . .”**

“Following Dr. Crandall’s recommendations, I have dropped weight and my blood pressure has normalized. I am now 173 pounds on my way down to 152 (my doctor’s recommendation) with an average daily blood pressure of 128/81. Thank you.”

— **Debbie S.**

**“In the best shape in over 20 years . . .”**

“I have followed a great deal of Dr. Crandall’s recommendations, from supplementation, to diet and exercise. I’m coming up on my fourth anniversary of my “come to Jesus moment” and am now in the best shape I’ve been in in over 20 years.”

— **Jeff H.**

**“My children are grateful to have less worry about their mom . . .”**

“He is thorough and concise and has answers that my cardiologist doesn’t have time to answer. I am beyond grateful to Dr. Crandall for making me feel so much better. And my children are grateful to have less worry about their mom.”

— **Molly B.**

**“Been able to cut back on my prescription meds . . .”**

“With the exercise program, I have been able to cut back on my prescription meds.”

— **Don K.**

**“Dropped 45 pounds, look great, feel great . . .”**

“I got his book, completely changed my nutrition habits, and got healthy. I was active and fairly healthy, never smoked, etc., but have since dropped 45 pounds, look great, feel great, and have not had so much as a sniffle in 2.5 years.”

— **Bill O.**

**“Better than any doctor visit I have had in the last several years . . .”**

“There is no doubt in my mind that the newsletter has better informed me than any doctor visit I have had in the last several years. I feel confident that through God and this newsletter my diagnosis has been reversed.”

— **Lupe C.**

## **It's never too late to add healthy years to your life!**

Maybe you or a loved one has had a heart attack, suffers from angina, has been diagnosed with high cholesterol or is battling high blood pressure.

None of that matters. This is a brand-new day!

Now that you are reading this letter, you have taken the first step in your victory over heart disease, and I know you will succeed.

Imagine feeling strong and robust again, just like everyone else around you.

Imagine not giving a second thought to doing ANYTHING, whether it's simply walking, shopping, traveling, or taking your grandchildren to the park or playground and chasing them around. And not worrying about your heart or health anymore.

Imagine the look on your spouse's face that says, “I'm so proud of you for tackling this problem and doing something about it. And so happy that we can spend many more years together doing all the things we've talked about and dreamed about.”

Imagine looking forward to the rest of your life — knowing you can make plans now, that you can help people, be a good father, mother, grandparent, spouse, community leader. You've got so much to live for and now you'll have a chance to do it!

This is a life-changer. This is your chance to live the life you want.

By making a few simple changes, you can live a life free of heart disease, free of prescription drugs, and free from stress.

Even a tiny reduction in the plaque deposits in your arteries can lead to BIG improvements in your health. So don't wait another minute . . .

You'll look back upon the day you discovered **The Simple Heart Cure** as the first day of the rest of your life. And a true blessing to you and your family.

So please, get your FREE copy of **The Simple Heart Cure** today. [Click on this link now.](#) Get your free book. Plus three FREE issues of my monthly newsletter, the **Heart Health Report**, with this offer. PLUS unlimited online access to over seven YEARS of back issues. That's a total value of over \$350 for just \$4.95 in shipping costs!

And of course, you are under no obligation. Read over your brand-new newsletters at your leisure. Get them in print form or digital format, it's your choice. Your satisfaction is 100% guaranteed.

Whatever you decide, you can keep any issues you've received along with your FREE copy of my book, **The Simple Heart Cure**.

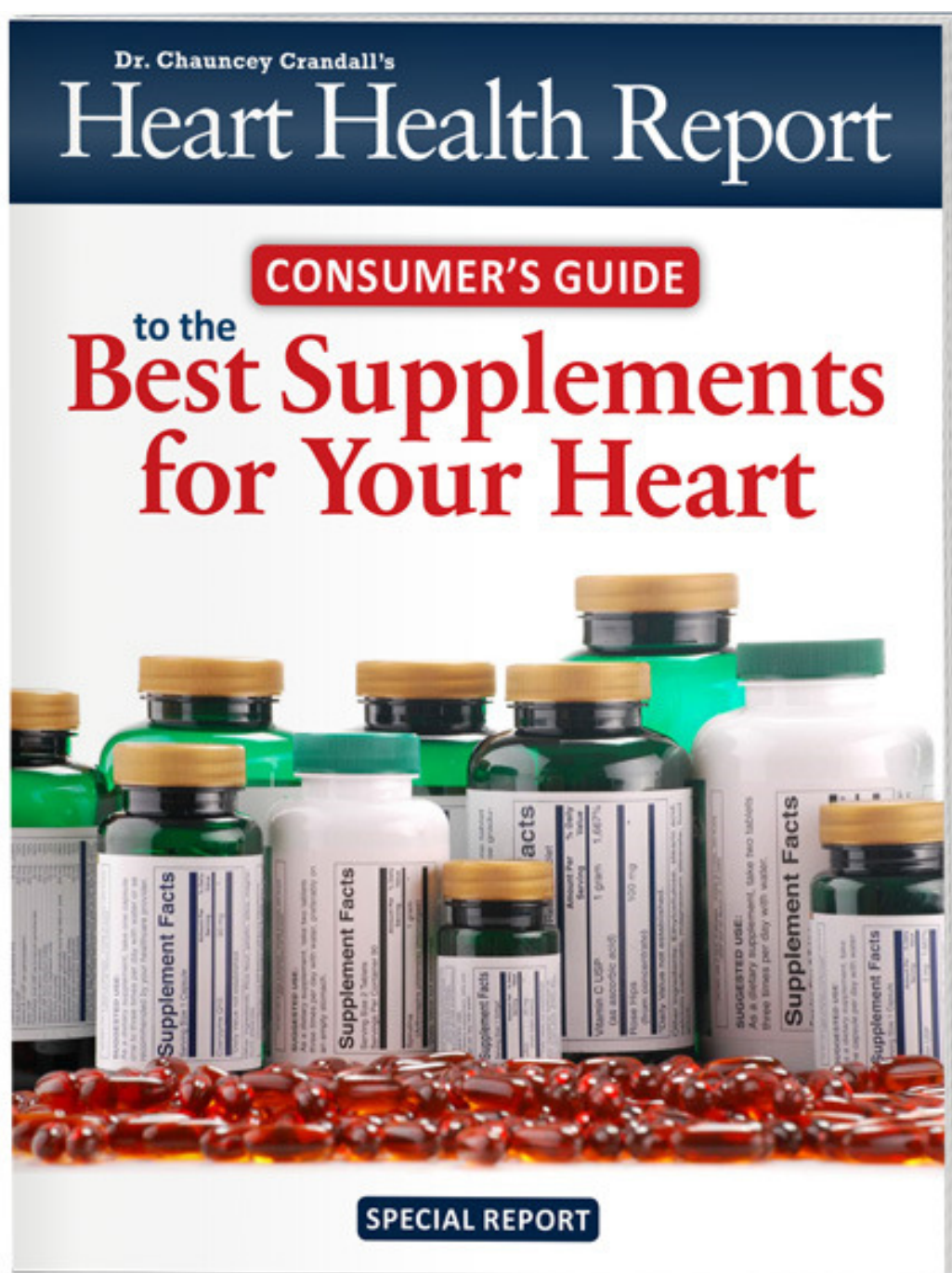
Don't be a sitting duck for heart disease. And don't let your loved ones suffer, either. It's simply not necessary. We have the knowledge and the tools to prevent, stop, and even reverse heart disease, and I will personally show you how.

You have NOTHING to lose and a whole new life to gain!

To Your Lasting Heart Health,

A handwritten signature in black ink, appearing to read 'C. W. Crandall', with a long horizontal flourish extending to the right.

Chauncey W. Crandall, M.D.

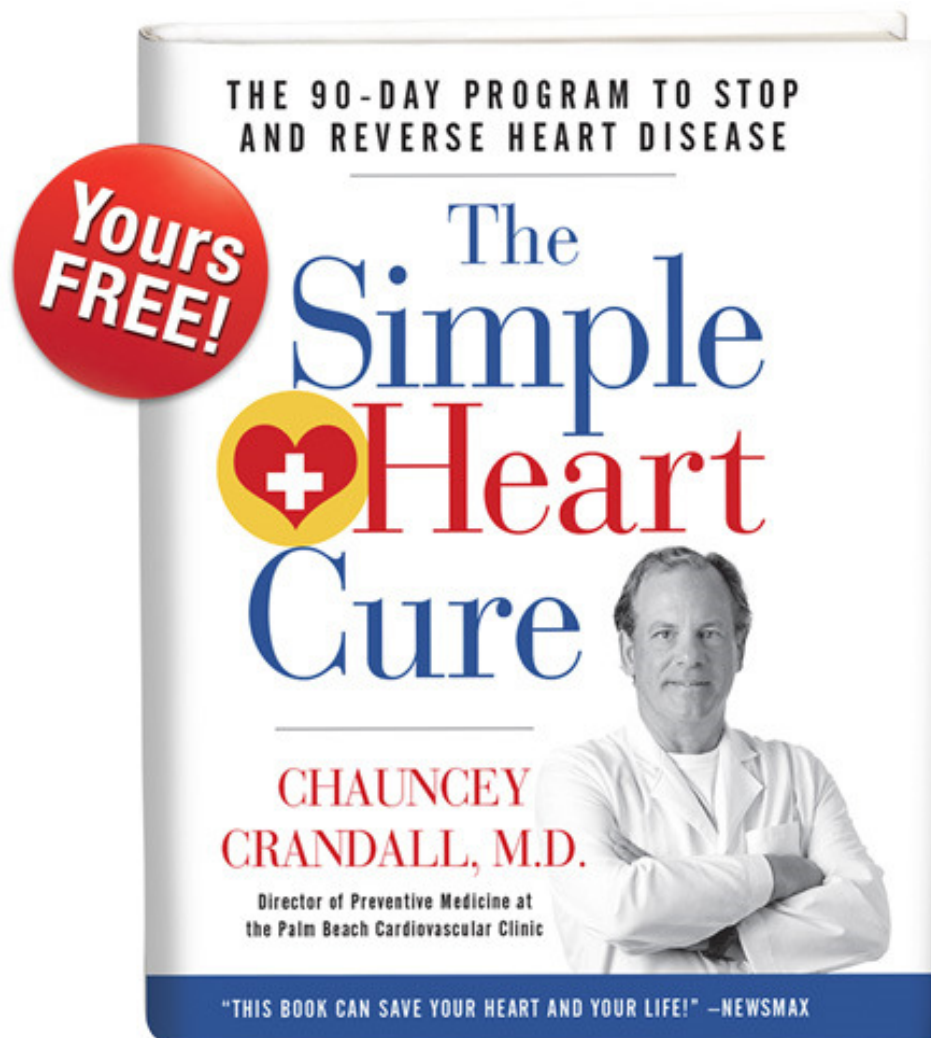


**P.S. EXTRA FREE BONUS if you respond right now:** Get a FREE copy of my *Consumers Guide to the Best Supplements for Your Heart*. This Special Report reveals the nutritional supplement you MUST take if you are on any type of statin drug. Plus, safe, all-natural ways to lower your cholesterol *without* drugs. How to tell if a supplement is dangerous — or even FAKE. And much, much more. Get your report FREE when you respond within the next 24 hours.

**Get Your FREE Copy of The Simple Heart Cure and RISK-FREE Trial Subscription to Dr. Crandall's *Heart Health Report* Today!**



**YES Dr. Crandall!** I want to reverse any signs of heart disease and live a longer, healthier life starting today! I pay only \$4.95 for shipping. Please send my FREE Gifts right away, including:



**GIFT #1: FREE** copy of Dr. Crandall's book, **The Simple Heart Cure: The 90-Day Program to Stop and Reverse Heart Disease** (208 pages).  
*A \$24.95 value FREE!*

**GIFT #2: A 3-month RISK-FREE trial subscription** to Dr. Crandall's **Heart Health Report**. Packed with smart ways to fight heart disease, along with action-oriented tips about new treatments, effective medications, the use of supplements, diet and exercise ideas, such as . . .

- ✓ **The 4 things that happen right before a heart attack.** Often so mild or subtle, most people never realize they're in danger. What to look for . . .
- ✓ **Seven steps for living statin-free.** How to transform your body so you *never* need this widely-prescribed and dangerous medication.
- ✓ **How to gradually reduce — and even stop taking — blood pressure medications.** And still keep your blood pressure in the healthy zone. Proven method from a cardiologist.



- ✓ **The secret to making ANY form of exercise more effective** at protecting your health. Hint: It isn't exercising more, faster, or the equipment you use.
- ✓ **This simple daily activity can reduce your risk of a dangerous fall by 280%.** And it's NOT walking or going to the gym.
- ✓ **How your Christian faith can make you more likely to reverse heart disease!** And how to harness your spirituality for success.
- ✓ And much, much more!

**GIFT #3: FREE Unlimited Online Access.** For the length of your trial subscription, you'll enjoy 24/7 access to the entire archive of the **Heart Health Report**. (That's more than 85 back issues . . . over seven years of lifesaving advice available to you instantly!)

**+ PLUS an extra FREE GIFT for responding within 24 hours.** A FREE copy of Dr. Crandall's ***Consumers Guide to the Best Supplements for Your Heart.***

**That's a total value of over \$350 for just a token \$4.95 in shipping costs!**

## **And Your Satisfaction Is Fully Guaranteed**

You are under NO obligation to continue with the **Heart Health Report**. Your subscription is risk-free. And no matter what you decide, you get to keep your FREE copy of **The Simple Heart Cure**, your FREE Special Report, and three FREE issues of Dr. Crandall's **Heart Health Report**. How can you go wrong?

**IMPORTANT NOTE:** Sales tax included where applicable. Your trial subscription comes with convenient automatic renewal. At the end of your subscription, we'll notify you. If you want to keep the publication, do nothing and we'll renew your subscription using your credit/debit card on file and charge you \$54.95 (\$49.95 for digital) for the first year (12 issues) of **Dr. Crandall's Heart Health Report** and thereafter at the lowest renewal rate then in effect. There is no risk, you can cancel within the first six months for a full refund of the unused portion of your subscription.

**Please select your delivery preference for your subscription:**

- ☐ **Digital:** 3 monthly issues delivered via email
- ☐ **Print:** 3 monthly issues delivered via USPS

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