
Healing Cuisine

“Diet and Heart Disease”

- by Meredith McCarty, Holistic Nutritionist (DC, NE)



Biography



Meredith McCarty is a holistic nutritionist (Diet Counselor and Nutrition Educator), author and speaker. Through her business, Healing Cuisine, she helps people come into balance in their eating habits in order to enhance well-being, or to prevent and recover from disease.

Meredith has taught and lectured internationally since 1977. She has authored three cookbooks including Sweet and Natural, winner of the Versailles World Cookbook Award. She is a former associate editor of *Natural Health* magazine and director of the East West Center for Macrobiotics for 19 years. She has a Senior Certificate in The Art of Cooking

from the East West Foundation in Boston, Massachusetts.

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Please visit her website, www.healingcuisine.com, for information regarding:

- Nutrition Counseling in person or by phone
- Cooking Classes
- Speaking Engagements
- Cooking Essentials
- Cookbooks
- Upcoming Events
- Diet and Health Issues
- Resources
- Recipes
- Signing Up for the Free Monthly E-Card
- Signing Up for the Health E-Club



“Diet and Heart Disease”

Truth Favored over Moderation

Heart disease is the leading cause of death in the world, even though three-quarters of the humans on this planet have no heart disease. Every 24 hours, almost 2,000 Americans die from this disease. Women’s death rate from heart disease is eight times higher than their death rate from breast cancer. The incidence rate (not death rate) for heart disease is about the same as it was in the early 1970s. According to USDA figures, we consume significantly more meat and added fat than we did 30 years ago. The American public is not being given the most up-to-date scientific information. Health institutions in America such as the American Heart Association are intentionally misleading the public about heart disease by recommending a diet for heart disease that favors moderation rather than scientific truth. The layperson must be aware that a whole foods, plant-based diet is far and away the healthiest diet, whether scientists, doctors and policy makers think the public will change or not.

Heart Disease Proved Preventable and Reversible

A whole foods, plant-based diet is the single most effective way to stop the progress of and reverse damage from heart disease. Such a diet is ultimately more effective and far cheaper than medical intervention because it reduces coronary risk factors such as cholesterol, blood pressure and weight. Dr. Caldwell Esselstyn, Jr. and then Dr. Dean Ornish proved that heart disease is reversible with a very low-fat, plant-based diet.

Dr. William Castelli, director of the Framingham Heart Study, the nation’s oldest and largest cardiovascular research project, also participated in research on vegetarian and macrobiotic people at Harvard Medical School. He noted they have healthier hearts and circulatory systems than conditioned athletes. Macrobiotic people eating a diet of whole grains, beans, fresh vegetables, sea vegetables and fermented soy products had significantly lower cholesterol, blood pressure and triglyceride levels than controls eating the standard American diet of meat, sugar, dairy foods and highly processed, chemicalized foods.

Sources: Prevent and Reverse Heart Disease, the Revolutionary, Scientifically-Proven, Nutrition-Based Cure by Caldwell Esselstyn, Jr. MD, 2007 (based on the findings of a now 20-year study first published in the *American Journal of Cardiology*); The China Study by T. Colin Campbell, PhD, 2005; “Summary of Lessons from the Framingham Heart Study” by William Castelli, Sept. 1983, as reported in Food As Medicine, 75 Scientific and Medical Studies Showing How Macrobiotics Can Protect Against Cancer, Heart Disease and Other Disorders by Alex Jack, 2007.