

Dr Esselstyn is US surgeon who has researched the effects of diet and health. He is one of the doctors along with Colin Campbell and Dean Ornish that Bill Clinton has credited with his health transformation.

He won an Olympic gold medal in rowing at the 1956 Olympics. He was an army surgeon in Vietnam, a member of the Board of Governors of the Cleveland Clinic, one of the world's top cardiac centres and was named in 1994-1995 as one of the top doctors in USA.

Dr. Esselstyn argues that a plant-based, oil-free diet can not only prevent and stop the progression of heart disease, but also reverse its effects.

Caldwell B. Esselstyn, Jr., M.D. ***Prevent and Reverse Heart Disease*** Avery Trade 2008

www.dresselstyn.com/site/