Heart Disease
CODE

Affiliate Swipe Pack

26 emails, 8 articles and a sample review
for promoting Heart Disease Code on ClickBank (vendor: hrtdiscode)

heartdiseasecode.com/affiliates

How to use this pack

Replace **{{AFFILIATE_LINK}}** with your hoplink: https://hop.clickbank.net/?affiliate=YOURNICKNAME&vendor=hrtdiscode

Replace **{{GIFT_LINK}}** with your free gift link: the same link with &type=opt added at the end.

Replace {{first_name}} with your email service's first-name tag and {{AFFILIATE_NAME}} with your name. Fill in each [square bracket] line in your own words.

Keep the disclosure. Never add cure claims, results, testimonials, ratings or deadlines. The full rules are at heartdiseasecode.com/affiliates/rules/.

The price is $19.95, normally $99.95, with a 60-day, no-questions-asked money-back guarantee. For the commission, see the ClickBank marketplace.

Part 1: Emails

Email 1 · Intro

Why I'm sending this: the silent killer

Subject lines

1. A more serious email than usual
2. What 40 heart experts told one filmmaker
3. The 36-second fact I can't forget

Preview text: What a filmmaker learned from over 40 heart experts in three years.

Hi {{first_name}},

I want to share something today that is a little more serious than what I usually send, because it touches almost every family I know.

Heart disease is the leading cause of death worldwide, and in the United States one person dies from it roughly every 36 seconds. It is often called the silent killer because so many people have no warning before something goes badly wrong.

[Add a sentence of your own about why heart health matters to you]

A documentary filmmaker called Matt Carter spent three years travelling to different countries to interview over 40 cardiologists, doctors, nutrition experts and heart disease survivors about what really drives heart disease and what ordinary people can do about it. He turned all of it into Heart Disease Code, a program built around nine natural steps to fight and prevent heart disease.

You can see what it covers here:

{{AFFILIATE_LINK}}

What I like most is that it explains the reasons behind each step, so you understand your own heart better and can have a far more useful conversation with your doctor. The whole package is $19.95 at the moment instead of the usual $99.95, and it comes with a 60-day money-back guarantee.

Take a look when you have ten quiet minutes:

{{AFFILIATE_LINK}}

To your health,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 2 · Intro

Signs of higher risk you may not expect

Subject lines

1. Gum disease and your heart?
2. The warning sign men rarely connect to their heart
3. A list that surprised me

Preview text: Some of the warning signs the experts point to are not the ones you'd guess.

Hi {{first_name}},

Most of us picture heart trouble as something that happens to other people, usually older people who never looked after themselves. The experts in a documentary series I came across paint a very different picture.

They point to a set of signs that tend to go with higher risk, and some of them surprised me: high blood pressure, extra weight around the middle, type 2 diabetes, high triglycerides, gum disease, sleep problems, ongoing inflammation, and even erectile dysfunction, which can be linked to poor blood flow.

If any of those sound familiar for you or someone close to you, I'd suggest a look at Heart Disease Code:

{{AFFILIATE_LINK}}

It was put together by filmmaker Matt Carter after three years of interviews with over 40 cardiologists, doctors, nutrition experts and survivors. You get an ebook that lays out nine natural steps for protecting your heart, a 9-part docuseries of about 10 hours, and a stack of practical bonuses, including a cookbook and a testing guide you can take along to your doctor.

[Add a sentence about which of these signs made you pay attention, or why you're sharing this]

It's $19.95 right now (it is normally $99.95), and you have 60 days to decide whether it's right for you, with a full refund if it isn't.

{{AFFILIATE_LINK}}

Warmly,
{{AFFILIATE_NAME}}

(If you buy through my link I may earn a commission, at no extra cost to you.)

Email 3 · Intro

Questions the docuseries answers

Subject lines

1. Why would sunlight matter to your heart?
2. The gut came up again and again
3. Three questions I can't shake

Preview text: Normal cholesterol, heart attacks, sunlight and the gut: the series explains.

Hi {{first_name}},

A few questions have been on my mind since I came across a docuseries called The Untold Story of Heart Disease.

Why do roughly half of the people who have a heart attack turn out to have normal cholesterol? Why might sunlight matter for blood flow? And why do the experts in the series spend so much time on the gut, of all places, when they talk about the heart?

The series is the heart of Heart Disease Code, made by documentary filmmaker Matt Carter. He interviewed over 40 cardiologists, doctors, nutrition experts and heart disease survivors, including well-known names like Dr. Mark Hyman, Dr Stephen Sinatra and Dr William Davis, and he shaped what he learned into nine natural steps.

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[Add a line of your own about which of these questions you most want answered]

Everything sits in an online members area, so you can watch, read or print it on your phone, tablet or computer whenever it suits you, and there's even a bonus episode on the gut-heart connection.

The price is $19.95 (down from $99.95), and it's covered by a 60-day, no-questions-asked money-back guarantee, so you can look through all of it and decide for yourself.

{{AFFILIATE_LINK}}

Talk soon,
{{AFFILIATE_NAME}}

(Quick note: I may earn a commission if you buy through my link. It costs you nothing extra.)

Email 4 · Story

Matt's story: doing everything right

Subject lines

1. He thought he was living healthily
2. The gap between what he did and how he felt
3. Matt's story stayed with me

Preview text: Wholegrains, exercise, daily medication, and still his health was a mess.

Hi {{first_name}},

Matt Carter thought he was living a healthy life. He ate his wholegrains, took his daily medications and exercised, and yet up until about five years ago he was overweight and struggling with brain fog, frequent headaches, high blood pressure, acid reflux and joint pain.

That gap between what he was doing and how he felt bothered him, especially because heart disease had already killed or crippled many of the people he loved. His family history was long, and as a husband and father he had every reason to want a different future for his own children.

So he did what a documentary filmmaker does. He spent three years flying to different countries with his camera, interviewing over 40 cardiologists, doctors, nutrition experts and people who had lived through heart disease.

[Add a sentence of your own about why Matt's story struck a chord with you]

What came out of it is Heart Disease Code, which gives you an ebook of nine natural steps, a 9-part docuseries, and a set of bonuses that make the steps easy to put into practice at home.

{{AFFILIATE_LINK}}

If you've been doing what you were told and still don't feel the way you'd hoped, his findings are well worth an evening of your time. It's $19.95 right now instead of $99.95, with 60 days to ask for a refund if it isn't for you.

{{AFFILIATE_LINK}}

All the best,
{{AFFILIATE_NAME}}

(I may receive a commission if you buy through my link, at no extra cost to you.)

Email 5 · Story

Fred's story: the ticking time bomb

Subject lines

1. "You're a ticking time bomb"
2. What Fred did after the "time bomb" warning
3. Fred did everything right

Preview text: No warning signs, almost completely blocked arteries, and what he did next.

Hi {{first_name}},

Fred Pauser did everything he'd been told was good for his heart. He avoided fat, ate plenty of whole grains and stayed very active.

Then one morning he woke up with a stabbing pain in his chest and could hardly breathe. There had been no warning signs at all. His doctor told him he was "a ticking time bomb", because the main arteries to his heart were almost completely blocked. Heart disease had already taken members of his family, so he knew exactly what that meant.

Fred started researching. He put together a specific protocol of supplements, crucial food swaps and other lifestyle changes, including botanicals and time in the sunlight, and he did not follow a low-fat diet. He went on to drop 20 pounds, got back to weight training, had more energy, and his cholesterol came back to normal. His doctor told him he was no longer at high risk and he no longer needed heart surgery.

Fred is one of the more than 40 people interviewed in Heart Disease Code, a docuseries and guide by filmmaker Matt Carter.

{{AFFILIATE_LINK}}

Results will differ from one person to the next, but hearing Fred describe exactly what he changed, in his own words, is something I'd want anyone with a family history of heart disease to do.

[Add a sentence of your own about what Fred's story made you think about]

It's $19.95 (normally $99.95) with a 60-day money-back guarantee.

{{AFFILIATE_LINK}}

Take care,
{{AFFILIATE_NAME}}

(I may earn a commission from purchases through my link, at no extra cost to you.)

Email 6 · Story

The hockey game memory

Subject lines

1. A promise made at eight years old
2. What happened during a family hockey game
3. Do you have a memory like this one?

Preview text: What an eight-year-old saw at a hockey game, and the promise he made.

Hi {{first_name}},

When Matt Carter was eight years old, a friend's dad, a husband and father of three, collapsed with a massive heart attack while he was watching a hockey game with his family.

Matt made himself a promise that it would never happen to him. Years later, with heart disease running through his own family and his own health in poor shape, he set out to keep that promise properly. He spent three years travelling to different countries and interviewing over 40 cardiologists, doctors, nutrition experts and survivors, asking what really causes heart disease and what an ordinary person can do to fight and prevent it.

[Add a sentence of your own about a moment that made heart health real for you]

The answers became Heart Disease Code, which is built around nine natural steps and comes with a 9-part docuseries of about 10 hours, a heart-healthy cookbook and several practical guides.

{{AFFILIATE_LINK}}

Plenty of us carry a memory like Matt's from somewhere in our past, whether it's a relative, a neighbour or a friend's parent. If one has stayed with you too, this is a thoughtful place to start learning what you can do about it. It's $19.95 at the moment instead of $99.95, and it's backed by a 60-day money-back guarantee.

{{AFFILIATE_LINK}}

Warm regards,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 7 · Story

Mom's cholesterol drugs

Subject lines

1. When his Mom got the prescription
2. Statins: friend or foe?
3. This one got too close for Matt

Preview text: A new prescription for a parent changes how you think about your own heart.

Hi {{first_name}},

For filmmaker Matt Carter, heart disease had always been part of the family story, and it came much too close when his Mom started taking cholesterol-lowering drugs.

Many of us know that moment. A parent comes home from a check-up with a new prescription, and suddenly the question of what is going on inside their arteries, and whether there is more the family can do to support their heart, becomes very real.

Matt went looking for answers, and over three years he sat down with more than 40 heart experts and survivors. One full episode of his docuseries, "Statin Crazy: Friend or Foe", looks at cholesterol drugs from several sides, and another, "Cholesterol: The Surprising Story Never Told", explores why not every expert agrees that high cholesterol is bad.

Please don't change or stop any medication because of something you watch, because the series is there to help you walk into your doctor's office far better informed.

[Add a sentence of your own if someone in your family takes cholesterol medication]

{{AFFILIATE_LINK}}

Heart Disease Code includes the 9-part series, the ebook of nine natural steps, and a Cardiovascular Testing Guide listing modern tests you can ask your doctor about. It's $19.95 (normally $99.95) with a 60-day money-back guarantee.

{{AFFILIATE_LINK}}

Best,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 8 · Story

Six months became three years

Subject lines

1. The film that took six times longer
2. 3 years of someone else's legwork for $19.95
3. He planned six months for this

Preview text: What a filmmaker found when his heart disease project kept growing.

Hi {{first_name}},

When Matt Carter started making a film about heart disease, he expected it to take about six months. It took three years.

The subject turned out to be far bigger than he had imagined, so he kept flying to different countries until he had sat down with over 40 cardiologists, doctors, nutrition experts and heart disease survivors. The people featured include Dr. Mark Hyman, Dr Mimi Guarneri, Dr Jack Wolfson, Dr Mark Houston, journalist Nina Teicholz and Prof David Diamond, along with many others.

All of that went into The Untold Story of Heart Disease, a 9-part docuseries of around 10 hours, and into the Heart Disease Code ebook, which turns it into nine natural steps you can follow to fight and prevent heart disease.

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[Add a sentence of your own about why you value research done this thoroughly]

Three years of someone else's legwork for $19.95 seems like a very good trade to me. That's the current price instead of the normal $99.95, and you get 60 days to try it with a full refund if it isn't what you hoped.

{{AFFILIATE_LINK}}

Cheers,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 9 · Myth-buster

Half of heart attacks: normal cholesterol

Subject lines

1. Normal cholesterol, still a heart attack
2. If not cholesterol, then what?
3. Half of them had normal cholesterol

Preview text: Roughly half of heart attack patients have normal cholesterol. So what else matters?

Hi {{first_name}},

I was stunned to learn that roughly half of the people who have a heart attack have normal cholesterol levels.

If cholesterol were the whole story, you would expect that number to be much lower, which raises the question of what else is going on.

That question sits at the centre of a docuseries called The Untold Story of Heart Disease. Over 40 cardiologists, doctors and nutrition experts share their views, and many of them argue that it's worth looking well past a single cholesterol number. They talk about what cholesterol actually does in the body, the difference between small, dense LDL and large, fluffy LDL, and why a simple lipid test is now seen as outdated.

[Add a sentence of your own about what you were always told about cholesterol]

The series is part of Heart Disease Code by filmmaker Matt Carter, which also includes the nine-step ebook and a testing guide of modern heart tests to discuss with your doctor.

{{AFFILIATE_LINK}}

If you've been keeping an eye on your cholesterol for years, this will give you a much fuller picture to take into your next appointment. It's $19.95 at the moment (normally $99.95) with a 60-day money-back guarantee.

{{AFFILIATE_LINK}}

To your health,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 10 · Myth-buster

Wholegrains and Dr William Davis

Subject lines

1. The 'healthy' food a cardiologist questions
2. Your breakfast cereal and your blood vessels
3. Is brown bread as good as we think?

Preview text: Dr William Davis explains how wholegrains can set off a cascade in the blood vessels.

Hi {{first_name}},

Of all the foods we've been told are good for our hearts, wholegrains sit near the top of the list. Brown bread, whole-wheat cereal and wholegrain crackers all come with a heart-healthy halo.

So I was surprised to hear cardiologist and bestselling author Dr William Davis explain how wholegrains can set off a cascade inside the blood vessels. He is one of more than 40 experts interviewed in The Untold Story of Heart Disease, a docuseries by filmmaker Matt Carter.

Matt had his own reasons to pay attention. Before he made the film he ate his wholegrains faithfully, exercised and took his daily medications, and he was still overweight with high blood pressure, headaches and brain fog. Fred Pauser, another person in the series, ate lots of whole grains and avoided fat right up until the morning he woke with stabbing chest pain.

[Add a sentence of your own about how much bread or cereal is part of your own routine]

The series and the Heart Disease Code ebook lay out nine natural steps for your heart, and the bonus cookbook has over 50 easy recipes to help with the swaps.

{{AFFILIATE_LINK}}

It's $19.95 right now instead of $99.95, with a 60-day money-back guarantee, which makes it an easy way to hear Dr Davis out and judge for yourself.

{{AFFILIATE_LINK}}

All the best,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 11 · Myth-buster

Low-fat products

Subject lines

1. What's really in 'low fat' food?
2. How fat became the enemy
3. About that low-fat label

Preview text: The story of how fat became the enemy, and what replaced it on the shelves.

Hi {{first_name}},

Walk down any supermarket aisle and you'll see "low fat" printed on everything from cereal boxes to snack bars. For decades that label has been treated as a shortcut to a healthy heart.

The first episode of The Untold Story of Heart Disease is called "The Big Fat Cover Up", and it tells the story of how fat came to be treated as the enemy in the first place. The experts in the series argue that many low-fat products made with wheat, sugar and grains, such as bread, cereals and snack bars, may actually be part of the problem. They also discuss a 2010 study of about 350,000 people which concluded that saturated fat does not increase the risk of heart disease.

[Add a sentence of your own about a low-fat food you used to buy, or still do]

The series is part of Heart Disease Code, made by filmmaker Matt Carter after three years of interviews with over 40 heart experts and survivors. It comes with the nine-step ebook and The Top 50 Foods for a Healthy Heart, which makes your next shopping trip a lot simpler.

{{AFFILIATE_LINK}}

If you've been carefully choosing low-fat options for years, you'll find this one fascinating. It's $19.95 (normally $99.95) and comes with a 60-day money-back guarantee.

{{AFFILIATE_LINK}}

Talk soon,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 12 · Myth-buster

Food addiction and Dr Susan Peirce Thompson

Subject lines

1. Why one slice turns into the loaf
2. Two foods a neuroscientist calls addictive
3. Why willpower keeps losing to bread

Preview text: A neuroscientist explains how bread and sugar affect the brain.

Hi {{first_name}},

If you've ever promised yourself just one slice and then found half the loaf had gone, you're in very good company, and it probably has far less to do with willpower than you think.

Dr Susan Peirce Thompson, a neuroscientist and the creator of Bright Line Eating, is one of the experts in The Untold Story of Heart Disease. In the series she explains how two very common foods, bread and sugar, create an addiction in the brain that drives overeating.

That matters for your heart, because extra weight around the middle and type 2 diabetes are both linked with higher risk. A whole episode, "The Powerful Effect of Food Addiction", is given over to this, and another, "The Blood Sugar Tragedy: Overcoming Diabetes & Hope for Change", looks at diabetes.

[Add a sentence of your own about your own relationship with bread, sugar or cravings]

The docuseries is part of Heart Disease Code by filmmaker Matt Carter, who spent three years interviewing more than 40 experts and survivors. You also get the nine-step ebook and a cookbook of over 50 easy heart-healthy recipes.

{{AFFILIATE_LINK}}

It's $19.95 (normally $99.95) with a 60-day money-back guarantee, so there's no risk in seeing whether Dr Peirce Thompson's explanation rings true for you.

{{AFFILIATE_LINK}}

Warmly,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 13 · Myth-buster

The testing guide: lipid test is outdated

Subject lines

1. Is your heart test out of date?
2. The heart tests I'm asking about next time
3. The trouble with trusting one number

Preview text: The experts say a simple lipid test is outdated. Here's what to ask about instead.

Hi {{first_name}},

When most people get their heart health checked, the number they hear most about is cholesterol from a simple lipid test. According to the experts in a docuseries I've been looking into, that test on its own is now outdated.

[Add a sentence of your own about the last time you had your heart health checked]

One of the bonuses that comes with Heart Disease Code is a Cardiovascular (Heart Health) Testing Guide. It walks you through the more modern tests that are available, so you can bring them up with your doctor, and I like it because it helps turn a short appointment into a proper conversation.

The guide sits alongside the main program, which filmmaker Matt Carter put together after three years of interviews with more than 40 cardiologists, doctors, nutrition experts and survivors. You get the Heart Disease Code ebook and its nine natural steps, the 9-part Untold Story of Heart Disease docuseries, and a Heart Health Supplementation Guide that explains which supplements are worth it and why overdosing on them can be dangerous.

{{AFFILIATE_LINK}}

If you've been relying on one number to tell you how your heart is doing, this is a good way to find out what else you could ask about. It's $19.95 instead of the usual $99.95, with a 60-day money-back guarantee.

{{AFFILIATE_LINK}}

Best wishes,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 14 · Offer

Everything inside the bundle

Subject lines

1. What you get for $19.95
2. Eight things for less than a meal out
3. The full list, item by item

Preview text: An ebook, a 9-part docuseries, a cookbook and six more bonuses.

Hi {{first_name}},

I want to walk you through exactly what comes with Heart Disease Code, because there's a lot more in it than the price suggests.

The Heart Disease Code ebook sets out the nine natural steps to fight and prevent heart disease.

The Untold Story of Heart Disease is a 9-part docuseries of about 10 hours, with interviews with over 40 natural health experts.

The Heart Healthy Cookbook has over 50 easy recipes from an in-house chef.

Nine companion guides, one for each episode, give you recaps, notes, exercises and quick quizzes.

The Top 50 Foods for a Healthy Heart ebook gives you a clear list to shop from.

The Heart Health Supplementation Guide explains which supplements are worth it.

The Cardiovascular (Heart Health) Testing Guide covers modern tests to discuss with your doctor.

And there's a bonus episode on the gut-heart connection called "Gut Health The Secret Source".

Everything lives in an online members area you can open as soon as you order, and you can watch, read or print it on any device.

{{AFFILIATE_LINK}}

[Add a sentence of your own about which part you'd start with, and why]

The normal price is $99.95. Right now it's a one-time $19.95, and you're covered by a 60-day,

no-questions-asked money-back guarantee.

{{AFFILIATE_LINK}}

Enjoy,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 15 · Offer

The 9 episodes

Subject lines

1. Nine episodes, ten hours, 40+ experts
2. Which episode would you watch first?
3. Here's the episode list

Preview text: From The Big Fat Cover Up to The Power of Nutrition, every episode listed.

Hi {{first_name}},

If you enjoy a good documentary, you'll like this one. The Untold Story of Heart Disease is a 9-part series, about 10 hours in total, made by filmmaker Matt Carter over three years of interviews with more than 40 cardiologists, doctors, nutrition experts and survivors.

Here are the nine episodes:

1. The Big Fat Cover Up: The Captivating Story of Demonizing Fat
2. Cholesterol: The Surprising Story Never Told
3. Statin Crazy: Friend or Foe
4. The True Cause of Heart Disease: Getting to the Heart of the Matter
5. The Danger of Killer Foods and Toxic Killers
6. The Blood Sugar Tragedy: Overcoming Diabetes & Hope for Change
7. The Powerful Effect of Food Addiction
8. High Blood Pressure Decoded & Tools for Thriving
9. The Power of Nutrition for a Disease Free Life

[Add a sentence of your own about which episode you'd watch first, and why]

Each episode has its own companion guide with recaps, notes, exercises and quick quizzes to help the ideas stick, and there's a bonus episode on the gut-heart connection as well.

{{AFFILIATE_LINK}}

The series comes with the Heart Disease Code ebook of nine natural steps, a cookbook and several practical guides, all for $19.95 instead of the usual $99.95. You have 60 days to ask for a refund if it isn't for you.

{{AFFILIATE_LINK}}

Happy watching,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 16 · Offer

The cookbook and Top 50 Foods

Subject lines

1. What's for dinner at six o'clock?
2. Over 50 easy heart-healthy recipes
3. The bonuses I'd use first

Preview text: Heart advice is easier to follow when the recipes and shopping list are done for you.

Hi {{first_name}},

Good intentions about eating for your heart get tested at about six o'clock in the evening, when you're tired and hungry and staring into the fridge wondering what to cook.

That's why two of the bonuses in Heart Disease Code appeal to me so much. The Heart Healthy Cookbook has over 50 easy recipes created by an in-house chef, and The Top 50 Foods for a Healthy Heart gives you a clear list to shop from, so what you learn turns into real meals on the table.

[Add a sentence of your own about your own dinner-time habits or a favourite healthy meal]

They come with the main program by filmmaker Matt Carter, who spent three years interviewing over 40 heart specialists, nutrition experts and survivors. At its core is an ebook of nine natural steps to fight and prevent heart disease, backed by a 9-part docuseries. Episode 9, "The Power of Nutrition for a Disease Free Life", pairs well with the cookbook, and episode 5 looks at the foods the experts call killer foods.

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Everything is $19.95 right now (it's normally $99.95), and with the 60-day money-back guarantee you can cook your way through a few weeks of recipes before deciding whether to keep it.

{{AFFILIATE_LINK}}

Happy cooking,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 17 · Offer

The 60-day guarantee and the $19.95 price

Subject lines

1. Two months to make up your mind
2. $19.95 with a 60-day money-back promise
3. About the price and the refund

Preview text: Normally $99.95, now $19.95, and you can still ask for every cent back.

Hi {{first_name}},

Heart Disease Code is normally $99.95. At the moment it's available for a one-time payment of $19.95, and that includes the nine-step ebook, the 9-part docuseries, the cookbook, the companion guides, the Top 50 Foods ebook, the supplementation and testing guides, and the gut-heart bonus episode.

It also comes with a 60-day, no-questions-asked, 100% satisfaction guarantee. That gives you two full months to watch the series, read the steps, try some recipes and decide whether it's helping you. If you're not happy, you ask for your money back and that's the end of it.

[Add a sentence of your own about why a guarantee like this matters to you when you buy something]

The order goes through ClickBank, and you get instant access to the members area on any device as soon as you've paid.

For less than the price of a meal out, you get three years of research from over 40 heart experts and survivors, gathered by a filmmaker whose own family was hit hard by heart disease.

{{AFFILIATE_LINK}}

If heart health has been on your mind, this is a very low-risk way to learn a great deal about it.

{{AFFILIATE_LINK}}

Speak soon,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 18 · Free gift

Free report: The Surprising Truth About Fat

Subject lines

1. A free report about fat
2. What we were told about fat for decades
3. Something free for you today

Preview text: Two free PDFs: The Surprising Truth About Fat and the Top 10 Herbs.

Hi {{first_name}},

I have something free for you today, and there's nothing to buy.

For decades many of us have been told that fat is the enemy of a healthy heart. A free report called "The Surprising Truth About Fat" comes from the team behind Heart Disease Code, the project in which filmmaker Matt Carter interviewed over 40 heart experts.

You can grab it here by entering your email:

{{GIFT_LINK}}

Along with it you'll get a second free PDF, the "Top 10 Herbs", which is handy to keep on file.

[Add a sentence of your own about why you think the fat question deserves a fresh look]

The experts in the docuseries discuss a 2010 study of about 350,000 people that concluded saturated fat does not increase the risk of heart disease, and they argue that low-fat products made with wheat, sugar and grains may be part of the problem. The free report is an easy first taste of that thinking before you decide whether you want to go deeper.

{{GIFT_LINK}}

Enjoy the read,
{{AFFILIATE_NAME}}

(If you later buy anything through this link I may earn a commission, at no extra cost to you.)

Email 19 · Free gift

Free Top 10 Herbs PDF

Subject lines

1. 10 herbs worth knowing about
2. Free guide: herbs to support your heart
3. Which herbs made the top 10?

Preview text: A free Top 10 Herbs PDF, plus a bonus report on fat.

Hi {{first_name}},

If you like the idea of supporting your heart with natural, everyday things, here's a free download you'll enjoy.

The team behind Heart Disease Code, the docuseries project in which filmmaker Matt Carter interviewed over 40 cardiologists, doctors and nutrition experts, has a free PDF called "Top 10 Herbs". It comes together with a second free report, "The Surprising Truth About Fat".

{{GIFT_LINK}}

All you need to do is enter your email address and both PDFs are yours.

[Add a sentence of your own about a herb or natural habit you already use]

Fred Pauser, one of the survivors interviewed in the series, used botanicals alongside the food swaps, supplements and other lifestyle changes he made after his doctor called him "a ticking time bomb". Everyone's results are different, but his story shows why natural changes are worth learning about. If you take any medication, check with your doctor before adding herbs.

Both reports are free, so you have nothing to lose by having a look.

{{GIFT_LINK}}

To your health,
{{AFFILIATE_NAME}}

(If you buy anything later through this link I may earn a commission, at no extra cost to you.)

Email 20 · Family

Forward this to someone you love

Subject lines

1. Could you forward this to someone?
2. The person I thought of while writing this
3. This one might be for your parents

Preview text: Sometimes a documentary says it better than a worried family member can.

Hi {{first_name}},

Today's email may turn out to be more useful to someone you love than to you.

If you have a parent, partner or close friend who has been told their blood pressure or cholesterol is high, or who has heart disease in the family, would you think about forwarding this to them?

Heart Disease Code was made by filmmaker Matt Carter after heart disease killed and crippled many of his own loved ones. He's a husband and father, and he spent three years talking to more than 40 doctors, cardiologists and survivors to learn what really causes heart disease and how to fight and prevent it naturally.

It's often easier to hear this kind of thing from a well-made documentary than from a worried relative, and the series lets them watch at their own pace on any device. You could also watch it together.

{{AFFILIATE_LINK}}

[Add a sentence of your own about someone in your life you thought of while writing this]

If the person you have in mind takes medication, the series is a way to learn more, and any changes are for them and their doctor to talk through together.

Everything, including the 9-part docuseries, the ebook of nine natural steps and the heart-healthy cookbook, is $19.95 right now instead of $99.95, with a 60-day money-back guarantee.

{{AFFILIATE_LINK}}

With love to you and yours,
{{AFFILIATE_NAME}}

(I may earn a commission if anyone buys through my link, at no extra cost to them.)

Email 21 · Family

Family history is a reason to learn

Subject lines

1. Does heart disease run in your family?
2. What two men did with a family history
3. When the doctor asks about family

Preview text: Family history can feel like fate. Two men in this series saw it differently.

Hi {{first_name}},

When a doctor asks whether there's any heart disease in your family, it can feel like a question about fate. If a grandparent, parent or uncle had heart trouble, it's easy to assume the same story is waiting for you.

Two people in Heart Disease Code know that feeling well. Filmmaker Matt Carter watched heart disease kill and cripple many of his loved ones, and it came very close when his Mom started on cholesterol-lowering drugs. Fred Pauser had lost family members to heart disease before he woke one morning with stabbing chest pain and almost completely blocked arteries. After he made food swaps, took specific supplements and changed his lifestyle, his doctor told him he was no longer at high risk, although every person's results are different.

What both men took from it is that a family history is a strong reason to learn everything you can and to start early.

[Add a sentence of your own about heart health in your own family]

Matt spent three years interviewing over 40 cardiologists, doctors, nutrition experts and survivors, and the result is an ebook of nine natural steps, a 9-part docuseries and a testing guide of modern tests to ask your doctor about.

{{AFFILIATE_LINK}}

It's $19.95 at the moment (normally $99.95) and comes with a 60-day money-back guarantee.

{{AFFILIATE_LINK}}

Thinking of you,
{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 22 · Short note

Quick P.S. on the price

Subject lines

1. Quick note about Heart Disease Code
2. 9 heart steps for $19.95
3. In case you missed it

Preview text: The docuseries and ebook are $19.95 right now.

Hi {{first_name}},

A quick note in case you missed it. Heart Disease Code, the 9-part docuseries and ebook by filmmaker Matt Carter, is $19.95 right now instead of $99.95.

{{AFFILIATE_LINK}}

It gives you nine natural steps to fight and prevent heart disease, drawn from over 40 cardiologists, doctors and nutrition experts, and it has a 60-day money-back guarantee.

{{AFFILIATE_LINK}}

{{AFFILIATE_NAME}}

(I may earn a commission through my link, at no extra cost to you.)

Email 23 · Short note

Sunlight and blood flow

Subject lines

1. Your heart and the sun
2. Why Fred made time in the sun
3. One thing I didn't expect

Preview text: One of the topics in this docuseries surprised me.

Hi {{first_name}},

I never thought of sunlight as heart health advice, but the experts in The Untold Story of Heart Disease talk about how it relates to blood flow. Fred Pauser, one of the survivors in the series, made time in the sun part of his changes.

{{AFFILIATE_LINK}}

[Add a sentence of your own about your own time outdoors]

It's part of Heart Disease Code, $19.95 with a 60-day guarantee.

{{AFFILIATE_LINK}}

{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link.)

Email 24 · Short note

High blood pressure

Subject lines

1. Blood pressure on your mind?
2. The hypertension specialist in episode 8
3. For anyone watching their numbers

Preview text: Episode 8 is called High Blood Pressure Decoded.

Hi {{first_name}},

If high blood pressure is on your mind, episode 8 of The Untold Story of Heart Disease, "High Blood Pressure Decoded & Tools for Thriving", looks at what causes it. Hypertension specialist Dr Mark Houston is among the experts featured.

{{AFFILIATE_LINK}}

It comes with Heart Disease Code for $19.95 and a 60-day guarantee. If you take blood pressure medication, talk to your doctor before changing anything.

{{AFFILIATE_LINK}}

{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link.)

Email 25 · Newsletter blurb

Newsletter blurb: worth watching

Subject lines

1. Worth watching this week
2. 40 heart experts and one long documentary
3. My pick for this issue

Preview text: This issue's recommendation: The Untold Story of Heart Disease.

Worth watching: The Untold Story of Heart Disease

Heart disease is the leading cause of death worldwide, and it's often called the silent killer because so many people get no warning. Documentary filmmaker Matt Carter, whose own family was hit hard by it, spent three years travelling to different countries to interview over 40 cardiologists, doctors, nutrition experts and survivors, including Dr. Mark Hyman, Dr Stephen Sinatra and Dr Cate Shanahan.

The result is Heart Disease Code: an ebook of nine natural steps to fight and prevent heart disease, plus The Untold Story of Heart Disease, a 9-part docuseries of about 10 hours. The episodes cover the story of how fat was demonized, cholesterol, statins, food addiction, blood sugar and high blood pressure, and the bonuses include a heart-healthy cookbook with over 50 recipes and a testing guide of modern tests to discuss with your doctor.

{{AFFILIATE_LINK}}

[Add a sentence of your own about why you chose this for your readers]

It's $19.95 at the moment (normally $99.95), you can watch it on any device, and it's covered by a 60-day money-back guarantee. If you take any heart medication, use the series to learn, and talk to your doctor before making changes.

{{AFFILIATE_LINK}}

{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Email 26 · Newsletter blurb

Newsletter blurb: health corner topics

Subject lines

1. Oils, sunlight and your gut
2. Why some cooking oils worry heart experts
3. This issue's health corner

Preview text: A few heart health topics you probably haven't heard discussed.

HEALTH CORNER

A few heart health topics have caught my attention lately, and they all come from one place. In the docuseries The Untold Story of Heart Disease, over 40 cardiologists, doctors and nutrition experts discuss why some fish and vegetable oils can be unstable, how sunlight relates to blood flow, and why the gut and the heart may be more closely connected than most of us realise. There's even a bonus episode on that last one, called "Gut Health The Secret Source".

The series was made by filmmaker Matt Carter over three years and comes with Heart Disease Code, an ebook of nine natural steps to fight and prevent heart disease. You also get a Heart Health Supplementation Guide, which covers which supplements are worth it and why overdosing can be dangerous, along with the Top 50 Foods for a Healthy Heart and a cookbook of over 50 easy recipes.

{{AFFILIATE_LINK}}

[Add a sentence of your own about which of these topics interests you most]

Everything is in an online members area you can open on any device. It's $19.95 right now instead of $99.95, with a 60-day money-back guarantee, so it's an easy one to try.

{{AFFILIATE_LINK}}

{{AFFILIATE_NAME}}

(I may earn a commission if you buy through my link, at no extra cost to you.)

Part 2: Articles

Each article is ready to publish with your link in place of {{AFFILIATE_LINK}}. Rewrite the opening in your own words.

Why Roughly Half of Heart Attack Patients Have Normal Cholesterol

This article contains affiliate links. If you buy through them, I may earn a commission at no extra cost to you. It is general information and is not medical advice, so please talk to your doctor about your own health.

For most of us, the cholesterol number on a blood test has become the scorecard for heart health. If it comes back in the normal range, we relax and assume our heart is safe for another year. That feels sensible, and it is good that so many people take their tests seriously, but there is a fact that should make all of us look a little closer.

Roughly half of the people who have heart attacks have normal cholesterol levels.

That figure comes up again and again in The Untold Story of Heart Disease, a 9-part docuseries in which filmmaker Matt Carter interviewed over 40 cardiologists, doctors, nutrition experts and heart disease survivors. If cholesterol were the whole story, you would expect the people with normal numbers to be well protected. Yet a huge share of heart attacks happen to exactly those people, which tells us there is more going on inside the arteries than one number can show.

The number we were all taught to watch

For decades the message from food labels, advertising and public advice has been simple: cut the fat, bring your cholesterol down and your heart will thank you. Millions of people followed that advice faithfully. They swapped butter for spreads, bought low-fat yoghurts and chose breakfast cereals with a heart on the box.

Heart disease is still the leading cause of death worldwide. In the United States, one person dies from it every 36 seconds, and it accounts for about 1 in 4 deaths. It earned the name "the silent killer" because so many people have no warning before something serious happens. If the old advice had been enough, those figures would look very different by now.

What the experts in the series say about cholesterol

What struck me most in the series is how many respected experts question the way cholesterol is usually discussed. Not all of them agree that high cholesterol is simply bad. Several argue that cholesterol has important jobs to do in the body, and that what matters most is how it is behaving and what is happening around it.

The second episode, "Cholesterol: The Surprising Story Never Told", goes deep into this. The third, "Statin Crazy: Friend or Foe", looks at cholesterol-lowering drugs. If you take a statin, please keep taking it as prescribed and bring any questions to your doctor, because the series is

there to help you learn and ask better questions, and decisions about medication belong with the person who knows your medical history.

Small dense LDL and large fluffy LDL

Many people have heard of LDL as the "bad" cholesterol. The experts in the series explain that LDL comes in different forms. Some particles are small and dense, while others are large and fluffy, and they argue that these behave very differently inside your blood vessels.

This is one reason two people with the same LDL number can carry very different levels of risk. A standard result does not always tell you which kind you have, and the series encourages viewers to talk with their doctor about more modern testing. Heart Disease Code even includes a Cardiovascular Testing Guide to help you prepare for that conversation.

Where low-fat foods come into it

When fat was taken out of so many foods, something had to replace it to keep them tasting good. Very often that was wheat, sugar and other grains. Bread, breakfast cereals and snack bars became the backbone of the "healthy" diet.

The experts in the series argue that these low-fat products may be part of the problem rather than the solution. The first episode, "The Big Fat Cover Up", tells the story of how fat came to be blamed in the first place. The site also points to a 2010 study of about 350,000 people that concluded saturated fat does not increase heart disease risk. You may find that idea hard to accept at first, which is exactly why it is worth hearing the full argument from the people who have studied it.

What this means for you today

If your cholesterol is normal, that is good news and worth celebrating. It just should not be the only thing you look at. The other signs of higher risk that the series highlights include high blood pressure, extra weight around the middle, type 2 diabetes, high triglycerides, gum disease, inflammatory conditions and poor sleep. If any of those apply to you, they deserve the same attention you give your cholesterol result.

A good next step is to write down your questions and book time with your doctor. Ask what your numbers mean together, rather than one at a time, and ask whether any further tests would make sense for you. Going in prepared makes that conversation far more useful.

Learning the fuller story of your heart

If you would like to understand all of this properly, Heart Disease Code is one of the most complete places to start. It brings together the Heart Disease Code ebook, which lays out 9

steps to fight and prevent heart disease naturally, and the full 9-part docuseries with about 10 hours of interviews. You also get bonuses including a Heart Healthy Cookbook with over 50 easy recipes, The Top 50 Foods for a Healthy Heart, a Supplementation Guide and the Testing Guide mentioned above.

It costs $19.95 as a one-time payment, down from its normal price of $99.95, and you can watch, read or print it on any device. It also comes with a 60-day, no-questions-asked money-back guarantee, so you can explore it at your own pace. You can see everything included in Heart Disease Code here **[{{AFFILIATE_LINK}}]**.

Your cholesterol number is one useful piece of information. The more you learn about the rest of the picture, the better the questions you can bring to your doctor and the more confident you can feel about the choices you make every day. Start learning what your heart really needs today **[{{AFFILIATE_LINK}}]**.

The Filmmaker Who Spent 3 Years Asking 40 Experts About Heart Disease

This article contains affiliate links. If you buy through them, I may earn a commission at no extra cost to you. It is general information and is not medical advice, so please talk to your doctor about your own health.

When Matt Carter was 8 years old, he was watching a hockey game with a friend's family when his friend's dad collapsed with a massive heart attack. The man was a husband and a father of three, and he was sitting with the people he loved most when it happened.

A moment like that stays with a child. Matt promised himself that it would never happen to him.

Years later, that promise led him to spend 3 years flying to different countries to interview over 40 cardiologists, doctors, nutrition experts and heart disease survivors. The result is The Untold Story of Heart Disease, a 9-part docuseries that sits at the centre of Heart Disease Code.

A family history he could not ignore

Heart disease was never a distant subject for Matt. It had killed and crippled many of his loved ones, and the family history went back a long way. He grew up knowing that the odds were not in his favour.

He did what most of us are told to do. He ate whole grains, he exercised, and he took his medications every day. By his own account he believed he was living a healthy life. Yet up to about five years ago his health was a mess. He was overweight and dealing with brain fog, frequent headaches, high blood pressure, acid reflux and joint pain.

That gap between what he was doing and how he felt is something many people will recognise. You follow the advice, you make the sensible choices, and still your body seems to be telling you that something is wrong.

When it came close to home

The turning point came when his mom started taking cholesterol-lowering drugs. Heart disease was no longer only part of the family's past; it was knocking on the door of someone he loved right now. Matt is married with children of his own, and the thought of his family going through what he had seen others go through was more than he could sit with.

He is a documentary filmmaker, so he did what he knows best. He decided to go and ask the people who had spent their careers studying the heart.

Six months became three years

Matt thought the film would take about six months. It took three years. Each expert pointed him to someone else worth hearing, so he kept travelling to find the people who could explain what was really happening inside our arteries.

The list of people featured in the series is impressive. It includes Dr Mark Hyman and cardiologists such as Dr Stephen Sinatra, Dr Jack Wolfson, Dr William Davis, Dr Mimi Guarneri and Dr Peter Langsjoen. Dr Mark Houston speaks on high blood pressure. Journalist Nina Teicholz, Dr Cate Shanahan, Dr Jonny Bowden, J.J. Virgin and neuroscientist Dr Susan Peirce Thompson are there too, along with many others.

Some of what they told him challenged everything he had been taught. Roughly half of people who have heart attacks have normal cholesterol levels, for example, and not all of the experts agree that high cholesterol is simply bad. Others explained how low-fat foods made with wheat, sugar and grains may be part of the problem.

From one man's search to something you can use

Matt could have kept what he learned for his own family. Instead he turned it into Heart Disease Code, a guide built around what the site calls "The Real 9 Steps to Fight and Prevent Heart Disease Naturally".

The heart of it is the docuseries itself, about 10 hours across 9 episodes. They cover the story of how fat came to be demonised, the cholesterol debate, statins, the true cause of heart disease, harmful foods and toxins, blood sugar and diabetes, food addiction, high blood pressure and the power of nutrition. Alongside the films there is the Heart Disease Code ebook, which sets out the 9 steps in a form you can read at your own pace.

The bonuses reflect the practical side of what Matt learned. There is a Heart Healthy Cookbook with over 50 easy recipes from an in-house chef, The Top 50 Foods for a Healthy Heart ebook, a Heart Health Supplementation Guide that explains which supplements are worth it and why overdosing can be dangerous, and a Testing Guide covering modern tests to discuss with your doctor. You also get 9 companion guides with episode recaps, notes, exercises and quick quizzes, plus a bonus episode on the gut-heart connection.

Why his story matters to you

Most of us will never have the chance to sit down with 40 heart experts. Matt did that work so the rest of us can learn from it on a laptop or phone, in our own home, whenever we have the time.

If heart disease runs in your family, if you have been told your blood pressure or cholesterol is out of range, or if you simply want to understand your heart better, his series gives you a strong

foundation. Use what you learn to have a better conversation with your doctor, especially before changing anything about your treatment.

Heart Disease Code is $19.95 as a one-time payment, down from its normal $99.95, with instant online access and a 60-day, no-questions-asked money-back guarantee. You can watch Matt's series and get the full guide here **[{{AFFILIATE_LINK}}]**.

A promise made by an 8-year-old boy turned into one of the most thorough looks at heart disease you can watch at home. If that boy's search speaks to you, take a look at Heart Disease Code today **[{{AFFILIATE_LINK}}]**.

Fred Was Doing Everything Right, Then He Woke Up With Chest Pain

This article contains affiliate links. If you buy through them, I may earn a commission at no extra cost to you. It is general information and is not medical advice, so please talk to your doctor about your own health.

Fred Pauser was the kind of person doctors like to see. He avoided fat, he ate plenty of whole grains, and he was very active. If you had asked him about his heart, he would probably have told you he was doing everything right, and by mainstream advice he was.

Then one morning he woke up with a stabbing pain in his chest and could hardly breathe.

There had been no warning signs at all. When he saw his doctor, the words he heard were blunt: "You're a ticking time bomb." The main arteries to his heart were almost completely blocked.

A family pattern he hoped to escape

For Fred, this was more frightening than it might be for some. Members of his family had died of heart disease. He had seen what it could do, and he had built his life around trying to avoid the same fate. He had followed the guidance faithfully, and still his arteries had been closing quietly for years.

That is the hardest part of his story for many readers. It is one thing to hear that heart disease affects people who smoke, never exercise and eat badly. It is another to hear that someone who was careful, active and conscientious could be so close to disaster without knowing it. Heart disease is called the silent killer for good reason.

What Fred did next

Fred did not sit back and wait. He started researching, determined to understand why the advice he had trusted had not protected him and what he could do now.

What he put together was a specific protocol. It included certain supplements, some crucial food swaps and other lifestyle changes. Interestingly, he did not follow a low-fat diet, which was the opposite of what he had done for years. His approach used food swaps, botanicals, specific supplements and sunlight.

Over time, the changes in Fred were striking. He dropped 20 pounds and was back to weight training. He had more energy. His cholesterol was normal, he no longer needed heart surgery, and his doctor told him he was no longer at high risk.

Results vary from person to person, and it was Fred's own doctor who confirmed his progress, so your doctor is the right person to start any changes of your own with.

Why Fred's experience matters

Fred's story is valuable because it raises a question many careful people never think to ask. If you are already doing what you were told, how do you know it is working for your heart?

The answer usually starts with better information and better conversations with your doctor. That might mean asking about your full risk picture and not only your cholesterol number, since roughly half of people who have heart attacks have normal cholesterol. It might mean looking again at foods you assumed were healthy, such as products made with wheat, sugar and grains that were sold as low-fat choices. It might also mean asking whether more modern tests would give you a clearer view of what is happening in your arteries.

If you take medication for your heart, blood pressure or cholesterol, please do not change it based on any story you read, including this one. Talk to your doctor first. If your health improves, your doctor is the right person to consider whether your treatment should change.

And if you ever experience chest pain, trouble breathing or other warning signs, call your local emergency number straight away.

Where Fred's story is told in full

Fred is one of the more than 40 contributors in The Untold Story of Heart Disease, a 9-part docuseries made by filmmaker Matt Carter. Matt spent 3 years travelling to different countries to interview cardiologists, doctors, nutrition experts and survivors like Fred, after heart disease had taken and harmed many people in his own family.

The series is the centrepiece of Heart Disease Code. Along with about 10 hours of interviews, you get the Heart Disease Code ebook with its 9 steps to fight and prevent heart disease naturally. The bonuses include a Heart Health Supplementation Guide that covers which supplements are worth it and warns that overdosing can be dangerous, along with a Heart Healthy Cookbook with over 50 easy recipes, The Top 50 Foods for a Healthy Heart and a Testing Guide with modern tests to discuss with your doctor.

Heart Disease Code is $19.95 as a one-time payment, reduced from its normal price of $99.95, and it is backed by a 60-day, no-questions-asked money-back guarantee. You can hear Fred's story and the rest of the series here **[{{AFFILIATE_LINK}}]**.

Fred thought he was safe until the morning he found out otherwise. You can learn from his experience long before you ever have a morning like his. Take a look at Heart Disease Code and start learning what your heart needs **[{{AFFILIATE_LINK}}]**.

9 Signs You May Be at Higher Risk of Heart Disease

This article contains affiliate links. If you buy through them, I may earn a commission at no extra cost to you. It is general information and is not medical advice, so please talk to your doctor about your own health.

Heart disease is the leading cause of death worldwide. In the United States one person dies from it every 36 seconds, and it is behind about 1 in 4 deaths. Part of what makes it so dangerous is that it often builds quietly for years before anything feels wrong, which is why it is called the silent killer.

The good news is that your body often gives clues long before a crisis. The list below comes from Heart Disease Code, a guide and docuseries built on interviews with over 40 cardiologists, doctors and nutrition experts. None of these signs means you will develop heart disease, and having none of them does not mean you are completely safe. If any of them apply to you, please book an appointment with your doctor and talk it through.

If you ever have chest pain, trouble breathing or sudden weakness, call your local emergency number immediately.

1. High blood pressure

High blood pressure puts extra strain on your heart and blood vessels every single day. Many people have it without knowing, because it rarely causes obvious symptoms. A quick check at a pharmacy or your doctor's surgery is one of the easiest ways to learn more about your heart.

2. Extra weight around your middle

Weight carried around the abdomen is often treated as a more important warning sign than weight elsewhere on the body. If your waistline has crept up over the years, it is worth mentioning to your doctor even if your overall weight seems reasonable.

3. Type 2 diabetes

Blood sugar and heart health are closely connected. People living with type 2 diabetes are widely recognised as having a higher risk of heart problems, so keeping in regular contact with your care team matters a great deal.

4. Unusually high cholesterol

Cholesterol gets more attention than any other number, and very high readings deserve to be taken seriously. At the same time, the experts in the Heart Disease Code series point out that roughly half of people who have heart attacks have normal cholesterol, so it is one sign among several and should not be your only measure.

5. Inflammatory conditions

Ongoing inflammation in the body is a recurring theme in the series, and inflammatory conditions appear on the list of signs for that reason. If you live with one, ask your doctor how it might affect your heart and what you can do to support your health.

6. Gum disease

It surprises many people to see gum disease on a heart list. Your mouth is part of the same body, and doctors have long taken an interest in how gum health and heart health may be connected. Regular dental check-ups are a sensible habit for your heart as well as your teeth.

7. Erectile dysfunction

For men, erectile dysfunction can be related to poor blood flow. Because the same blood vessels serve the whole body, it can sometimes be an early hint that circulation elsewhere deserves a closer look. It can feel awkward to raise, but your doctor will have heard it many times before.

8. High triglycerides

Triglycerides are a type of fat in your blood, and they are usually measured in a standard blood test alongside cholesterol. High readings are worth discussing, particularly if you eat a lot of sugar and refined grains.

9. Sleep problems

Poor sleep affects far more than your energy the next day. If you snore heavily, wake often or never feel rested, mention it to your doctor, because sleep problems are on the list of signs linked to higher heart risk.

What to do if some of these apply to you

Seeing two or three of these signs in your own life can feel worrying, and it is completely natural to want answers fast. The most useful step you can take is to see your doctor, explain which signs apply to you and ask what checks would make sense. Write your questions down beforehand so nothing gets forgotten in the appointment.

If you already take medication for any of these conditions, keep taking it as prescribed. Learning more about your heart should help you work with your doctor, and any change to your treatment needs to be their call.

Beyond that, learning how heart disease develops gives you a real advantage. Once you understand the role of blood sugar, blood pressure, food choices, sleep and inflammation, everyday decisions become much easier to make.

A guide that explains the causes behind these signs

Heart Disease Code was created by documentary filmmaker Matt Carter, who saw heart disease kill and cripple many of his loved ones. He spent 3 years interviewing over 40 experts and survivors for The Untold Story of Heart Disease, a 9-part docuseries of about 10 hours. Episodes include "High Blood Pressure Decoded & Tools for Thriving" and "The Blood Sugar Tragedy: Overcoming Diabetes & Hope for Change", which speak directly to several signs on this list.

You also get the Heart Disease Code ebook with 9 steps to fight and prevent heart disease naturally, plus bonuses including a Heart Healthy Cookbook, a Supplementation Guide and a Cardiovascular Testing Guide that explains modern tests to discuss with your doctor. See everything inside Heart Disease Code here **[{{AFFILIATE_LINK}}]**.

It is $19.95 as a one-time payment, down from $99.95, with instant access on any device and a 60-day, no-questions-asked money-back guarantee. If even one sign on this list sounded familiar, it is a very good time to learn more. Get Heart Disease Code and start understanding your heart today **[{{AFFILIATE_LINK}}]**.

Is "Healthy" Whole Grain Bread Really Good for Your Heart?

This article contains affiliate links. If you buy through them, I may earn a commission at no extra cost to you. It is general information and is not medical advice, so please talk to your doctor about your own health.

Walk down the bread aisle of almost any supermarket and you will see the same promises printed on the packaging. Whole grain, high fibre, good for your heart. For years, swapping white bread for brown has been one of the first changes people make when they decide to look after themselves, and it comes from a genuine wish to do the right thing.

So it can come as a real surprise to hear a cardiologist question whether those grains are as kind to the heart as we have been told.

A cardiologist with a different view

Dr William Davis is a cardiologist and bestselling author, and he is one of the more than 40 experts featured in The Untold Story of Heart Disease, a 9-part docuseries by filmmaker Matt Carter. In the series, Dr Davis explains how wholegrains can set off a cascade inside the blood vessels.

That is a bold position, and it runs against much of the advice you will find on food labels. It is well worth hearing him explain it in his own words in the series, because he walks you through his reasoning step by step, and it gives you something concrete to discuss with your own doctor.

How bread became a "heart healthy" food

To understand why this debate exists at all, it helps to look back at how our diets changed. For decades, fat was treated as the main enemy of the heart. The first episode of the series, "The Big Fat Cover Up", tells the story of how fat came to be demonised.

As people cut fat, food makers needed to fill the gap. Wheat, sugar and other grains often took its place, and products such as bread, breakfast cereals and snack bars became the foundation of what many people thought of as a healthy diet. The experts in the series argue that these low-fat products may be part of the problem.

Two people who trusted their whole grains

Fred Pauser, one of the survivors featured in the series, did everything mainstream advice suggested. He avoided fat, ate lots of whole grains and was very active. One morning he woke with stabbing chest pain and could hardly breathe, and his doctor told him the main arteries to

his heart were almost completely blocked. In the changes he made afterwards, he did not follow a low-fat diet. He used food swaps, botanicals, specific supplements and sunlight, alongside other lifestyle changes. He went on to drop 20 pounds, his cholesterol was normal and his doctor said he was no longer at high risk. Your results may differ from Fred's, but his story is worth hearing in full.

Matt Carter himself ate wholegrains, exercised and took his medications daily, believing he was living healthily. Even so, he was overweight and struggling with brain fog, headaches, high blood pressure, acid reflux and joint pain.

What you can do with this information

None of this means you need to empty your cupboards tonight. A sensible first step is simply to pay more attention to what you are eating and how you feel afterwards.

Start by reading the ingredients on the bread, cereals and snack bars you buy. Many people are surprised by how much added sugar turns up in foods sold as healthy. Notice whether certain foods leave you hungry again soon after eating, or whether you find them hard to stop eating once you start. Food addiction is the subject of its own episode in the series, and bread is one of the foods discussed in it.

If you are managing diabetes, heart disease or any other condition, talk to your doctor or a qualified dietitian before making big changes to your diet. They know your history and can help you make changes safely, especially if you take medication that depends on what and how much you eat.

Hear the whole argument for yourself

The question of whole grains is only one part of a much bigger story. Heart Disease Code brings together the full 9-part docuseries, about 10 hours of interviews with experts including Dr Davis, Dr Mark Hyman, Dr Stephen Sinatra and journalist Nina Teicholz, along with the Heart Disease Code ebook and its 9 steps to fight and prevent heart disease naturally.

The bonuses make it practical. The Heart Healthy Cookbook has over 50 easy recipes from an in-house chef, and The Top 50 Foods for a Healthy Heart ebook helps you see which foods to put on your plate in place of the ones you are rethinking. You can see the full Heart Disease Code package here **[{{AFFILIATE_LINK}}]**.

It costs $19.95 as a one-time payment, down from $99.95, and comes with a 60-day, no-questions-asked money-back guarantee. If you have always trusted the healthy-looking loaf in your trolley, this is a fascinating way to find out what one cardiologist and many other experts think about it. Watch The Untold Story of Heart Disease and decide for yourself **[{{AFFILIATE_LINK}}]**.

Food Addiction, Cravings and Your Heart

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Most people who struggle with their weight are working hard at it. They plan meals, join the gym, buy the healthy options and promise themselves that tomorrow will be different. Then a long day ends, the cravings arrive, and the biscuit tin or the bread bin wins again.

If that sounds familiar, you are in very good company, and it says nothing bad about your character. One of the most helpful ideas in The Untold Story of Heart Disease is that some foods can affect the brain in a way that makes willpower an unfair fight.

What a neuroscientist says about bread and sugar

Dr Susan Peirce Thompson is a neuroscientist and the creator of Bright Line Eating. She is one of the more than 40 experts featured in the 9-part docuseries made by filmmaker Matt Carter. In the series she explains how two very common foods, bread and sugar, create addiction in the brain that drives overeating.

That idea changes how you look at a lot of struggles. When someone finds they cannot stop at one slice of toast or one biscuit, it is easy to call it weakness. Dr Thompson's explanation gives a different way to understand what is happening, and a far more compassionate one.

The seventh episode of the series, "The Powerful Effect of Food Addiction", is devoted to this subject.

Why cravings matter for your heart

Carrying extra weight, particularly around the abdomen, is one of the signs of higher heart disease risk listed in Heart Disease Code. So are type 2 diabetes and high triglycerides. All of these can be affected by what we eat and how much of it we eat.

That means cravings are about more than a waistline. If certain foods keep pulling you back to overeat, they may also be nudging your blood sugar, your weight and your heart in the wrong direction over many years. Episode 6, "The Blood Sugar Tragedy: Overcoming Diabetes & Hope for Change", explores the blood sugar side of the story in depth.

Why the gym alone often struggles to keep up

Exercise is wonderful for your heart, your mood and your sleep, and it is well worth doing. Even so, the series looks at the topic of exercise versus food addiction, because many people discover that no amount of time on a treadmill keeps up with eating patterns driven by cravings.

Matt Carter knows this first-hand. Before making the series, he exercised, ate wholegrains and took his medications daily, and he still found himself overweight and struggling with brain fog, headaches, high blood pressure, acid reflux and joint pain. Like so many people, he was putting in the effort without getting the results he expected.

Gentle first steps you can take

Understanding food addiction does not mean you have to overhaul your life overnight. A few gentle steps can help you see your own patterns more clearly.

Start by noticing which foods are hardest for you to stop eating once you begin. For many people, bread and sugary snacks top that list. Keep a simple note for a week of when cravings strike and what you were doing or feeling at the time. Patterns often appear quickly, such as late evenings, stressful days or skipped meals.

It also helps to have satisfying alternatives ready. If you know what you will eat in place of the foods that pull at you, it is far easier to make a different choice when a craving arrives. A good cookbook with simple recipes makes a big difference here.

If you are living with diabetes or take medication that is affected by what you eat, speak to your doctor before changing your diet, so they can help you do it safely.

Where to learn more

Heart Disease Code brings together everything Matt Carter learned over 3 years of interviewing cardiologists, doctors, nutrition experts and heart disease survivors. It includes the full 9-part docuseries with about 10 hours of interviews, featuring Dr Thompson alongside experts such as Dr Mark Hyman, J.J. Virgin and Dr Alan Christianson.

You also get the Heart Disease Code ebook with 9 steps to fight and prevent heart disease naturally, a Heart Healthy Cookbook with over 50 easy recipes, The Top 50 Foods for a Healthy Heart and 9 companion guides with recaps, notes, exercises and quick quizzes for each episode. Those exercises are especially useful if you want to turn what you learn about cravings into everyday habits. Take a look at everything inside Heart Disease Code here **[{{AFFILIATE_LINK}}]**.

The whole package is $19.95 as a one-time payment, down from $99.95, with instant access on any device and a 60-day, no-questions-asked money-back guarantee. If cravings have been winning for years, finding out why they are so strong is the best place to begin. Watch the food addiction episode and the rest of the series today **[{{AFFILIATE_LINK}}]**.

The Heart Tests Worth Asking Your Doctor About

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For many people, a heart check means one thing: a cholesterol test. You give a blood sample, a few numbers come back, and if they are in the normal range you go home reassured. Getting tested at all is a very good habit, and plenty of people never do it.

The challenge is that a basic test may tell you less about your heart than you think. Roughly half of people who have heart attacks have normal cholesterol levels, which is a strong reason to ask whether there is more you could learn.

What a basic cholesterol test shows

The standard test most people have is a lipid panel. It usually measures your total cholesterol, LDL, HDL and triglycerides. These are useful numbers, and your doctor will use them alongside things like your blood pressure, your blood sugar, your weight and your family history.

The Cardiovascular Testing Guide that comes with Heart Disease Code goes further. It argues that a simple lipid test on its own is outdated, and it explains the modern tests worth discussing with your doctor. The experts in The Untold Story of Heart Disease explain, for example, that LDL comes as small dense particles and large fluffy particles, and that these behave differently. A standard result does not always tell you which kind you have.

Why one number is not enough

Heart disease is the leading cause of death worldwide and is often called the silent killer, because many people feel completely fine until something goes badly wrong. Fred Pauser, one of the survivors featured in the series, was active, avoided fat and ate lots of whole grains. He had no warning signs before he woke one morning with stabbing chest pain, and his doctor found the main arteries to his heart were almost completely blocked.

Stories like Fred's are why so many of the experts in the series encourage people to look at the wider picture. Your risk is shaped by many things at once, and the more of that picture you and your doctor can see, the better your decisions can be.

Questions to bring to your next appointment

You do not need to become an expert in cardiology to have a better conversation with your doctor. Going in with a few clear questions is usually enough to open the door. You might ask:

- Looking at all my results together, how would you describe my overall heart risk?
- Given my family history, are there any further tests that would make sense for me?
- Does my standard cholesterol result tell us anything about the type of LDL particles I have?
- Which modern heart tests would you consider for someone with my health history?
- How often should I be rechecked, and what changes would you like to see?

Write your questions down and take them with you. Appointments can feel rushed, and having a list means you leave with answers rather than a nagging feeling that you forgot something.

Who should be especially keen to ask

Everyone can benefit from understanding their heart better, but some people have extra reason to raise testing with their doctor. That includes anyone with a family history of heart disease, high blood pressure, type 2 diabetes, unusually high cholesterol or high triglycerides. It also includes people carrying extra weight around the abdomen and those with inflammatory conditions, gum disease, erectile dysfunction or ongoing sleep problems, all of which appear on the list of higher-risk signs in Heart Disease Code.

Your doctor is the right person to decide which tests suit you. Some tests are more useful for certain people than others, and your doctor can weigh up your history and explain the options available where you live.

Keep your treatment in your doctor's hands

If you already take medication for your heart, blood pressure or cholesterol, please keep taking it as prescribed. Better testing and better understanding are tools to help you work with your doctor. If your results improve over time, your doctor can consider whether your treatment should change.

A guide to help you prepare

The Cardiovascular Testing Guide is one of several bonuses included with Heart Disease Code, created by documentary filmmaker Matt Carter after 3 years of interviewing over 40 cardiologists, doctors, nutrition experts and survivors. Cardiologists featured in the series include Dr Stephen Sinatra, Dr Jack Wolfson, Dr Mimi Guarneri and Dr Peter Langsjoen, and Dr Matthew Budoff is among the other experts interviewed.

Along with the testing guide, you get the Heart Disease Code ebook with 9 steps to fight and prevent heart disease naturally, the 9-part docuseries of about 10 hours, a Heart Health

Supplementation Guide and a Heart Healthy Cookbook with over 50 easy recipes. You can see the testing guide and everything else included here **[{{AFFILIATE_LINK}}]**.

Heart Disease Code is $19.95 as a one-time payment, down from $99.95, with a 60-day, no-questions-asked money-back guarantee. Walking into your next appointment prepared can make it one of the most valuable conversations you have about your health. Get Heart Disease Code and prepare for your next check-up **[{{AFFILIATE_LINK}}]**.

What's Inside The Untold Story of Heart Disease: A Guide to All 9 Episodes

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The Untold Story of Heart Disease is a 9-part docuseries made by filmmaker Matt Carter. It runs to about 10 hours and features interviews with over 40 cardiologists, doctors, nutrition experts and heart disease survivors, filmed over 3 years in different countries.

Matt made it after heart disease killed and crippled many people in his own family. He expected the project to take six months, and it grew into three years of travel as each interview led him to another. The series is the centrepiece of Heart Disease Code, and this guide walks you through what each episode covers so you can decide where to start.

Episode 1: The Big Fat Cover Up: The Captivating Story of Demonizing Fat

The series opens by going back to the beginning, asking how fat came to be seen as the main enemy of the heart. This episode sets the scene for much of what follows. It looks at how low-fat advice shaped our shopping trolleys, and why the experts in the series argue that foods made with wheat, sugar and grains to replace fat may be part of the problem. It is a great place to start if you have spent years choosing low-fat products.

Episode 2: Cholesterol: The Surprising Story Never Told

Cholesterol is the number most of us watch, and this episode takes a fresh look at it. The experts explain why cholesterol has important jobs in the body, why not all of them agree that high cholesterol is simply bad, and why roughly half of people who have heart attacks have normal cholesterol levels. You will also hear about small dense LDL and large fluffy LDL, and why the difference matters.

Episode 3: Statin Crazy: Friend or Foe

This episode looks at cholesterol-lowering drugs, a subject close to Matt's heart because it was his mom starting them that pushed him to make the series. It is designed to help you learn and ask informed questions. If you take a statin, keep taking it as prescribed and discuss anything you learn with your doctor.

Episode 4: The True Cause of Heart Disease: Getting to the Heart of the Matter

With the background in place, episode 4 turns to the question at the centre of the whole series: what actually drives heart disease. It pulls together many of the threads from the earlier episodes and is one of the most important to watch closely.

Episode 5: The Danger of Killer Foods and Toxic Killers

Episode 5 looks at the foods and toxins the experts believe can harm the heart. Topics across the series include fish and vegetable oils that can be unstable, along with other everyday items many people never think twice about. Expect to look at your kitchen cupboards a little differently afterwards.

Episode 6: The Blood Sugar Tragedy: Overcoming Diabetes & Hope for Change

Type 2 diabetes is one of the signs of higher heart disease risk, and this episode explores the link between blood sugar and the heart. As the title suggests, it carries a hopeful message about what people can learn and change. If you live with diabetes, talk to your doctor before changing your diet or medication.

Episode 7: The Powerful Effect of Food Addiction

Many people find this the most personal episode. Neuroscientist Dr Susan Peirce Thompson, creator of Bright Line Eating, explains how bread and sugar create addiction in the brain that drives overeating. The episode also explores why exercise alone often struggles to keep up with cravings, which will strike a chord with anyone who has worked hard at the gym without seeing the change they hoped for.

Episode 8: High Blood Pressure Decoded & Tools for Thriving

High blood pressure is one of the most common signs of heart risk, and it often has no obvious symptoms. Dr Mark Houston, who focuses on hypertension, is among the experts featured in the series. This episode is especially useful for anyone who has been told their blood pressure is high and wants to understand the causes behind it.

Episode 9: The Power of Nutrition for a Disease Free Life

The final episode brings everything together around food. After eight episodes of understanding the problem, it focuses on how nutrition can support a healthy heart for years to come. It leaves you with a positive, practical outlook and a clear sense of where to begin.

The bonus episode on your gut

Heart Disease Code also includes a bonus episode on the gut-heart connection called "Gut Health The Secret Source". It explores a topic many people never link to their heart at all.

Getting the most from the series

Each episode comes with a companion guide that includes a recap, notes, exercises and a quick quiz. These are well worth using, especially if you want to turn ideas into habits. Many viewers find it helpful to watch one episode at a time, work through its guide, and then write down any questions for their doctor.

The series also sits alongside the Heart Disease Code ebook, which sets out 9 steps to fight and prevent heart disease naturally. The other bonuses include a Heart Healthy Cookbook with over 50 easy recipes, The Top 50 Foods for a Healthy Heart, a Heart Health Supplementation Guide and a Cardiovascular Testing Guide. You can see the full Heart Disease Code package here **[{{AFFILIATE_LINK}}]**.

Everything is available online straight away in a members area, and you can watch, read or print on any device. Heart Disease Code is $19.95 as a one-time payment, down from $99.95, with a 60-day, no-questions-asked money-back guarantee. Start watching The Untold Story of Heart Disease today **[{{AFFILIATE_LINK}}]**.

Sample review: Heart Disease Code Review: What You Get for $19.95 and Who It Helps Most

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Heart Disease Code is a digital guide and docuseries about fighting and preventing heart disease naturally. If you have a family history of heart problems, have been told your blood pressure or cholesterol needs attention, or simply want to understand your heart better, you have probably come across it.

[Add a sentence or two about why heart health matters to you or your readers, and how you came across Heart Disease Code.]

What Heart Disease Code is

At its core, Heart Disease Code is built around what its website calls "The Real 9 Steps to Fight and Prevent Heart Disease Naturally". It combines an ebook that lays out those 9 steps with a 9-part docuseries called The Untold Story of Heart Disease, plus a set of practical bonuses. Everything is delivered online in a members area, so you can watch, read or print on any device straight after buying.

It is sold through ClickBank and costs $19.95 as a one-time payment. The normal price is listed as $99.95.

Who made it

Heart Disease Code was created by Matt Carter, a documentary filmmaker. Heart disease killed and crippled many of his loved ones, and he had a long family history of it. As a child of 8, he watched a friend's dad collapse with a massive heart attack during a hockey game, and he promised himself it would never happen to him.

Despite eating wholegrains, exercising and taking medications daily, Matt says his health was a mess up to about five years ago, with weight gain, brain fog, frequent headaches, high blood pressure, acid reflux and joint pain. When his mom started taking cholesterol-lowering drugs, he decided to find answers. He planned a six-month film, and it turned into three years of flying to different countries to interview over 40 cardiologists, doctors, nutrition experts and heart disease survivors.

What's inside

Here is everything included in the package:

- The Heart Disease Code ebook, which sets out the 9 steps to fight and prevent heart disease
- The Untold Story of Heart Disease, a 9-part docuseries of about 10 hours
- A Heart Healthy Cookbook with over 50 easy recipes by an in-house chef
- 9 companion guides with episode recaps, notes, exercises and quick quizzes
- The Top 50 Foods for a Healthy Heart ebook
- A Heart Health Supplementation Guide covering which supplements are worth it, with a warning that overdosing can be dangerous
- A Cardiovascular Testing Guide explaining modern tests to discuss with your doctor
- A bonus episode on the gut-heart connection, "Gut Health The Secret Source"

The nine episodes cover the story of how fat was demonised, cholesterol, statins, the true cause of heart disease, harmful foods and toxins, blood sugar and diabetes, food addiction, high blood pressure and the power of nutrition.

The experts featured include Dr Mark Hyman, cardiologists such as Dr Stephen Sinatra and Dr William Davis, journalist Nina Teicholz and neuroscientist Dr Susan Peirce Thompson, among many others.

[Add what you noticed when you watched episode 1, and which episode or bonus you found most useful.]

Who it suits

Heart Disease Code is a strong fit for people who want to understand the causes behind their heart risk and are happy to learn. In particular, it is aimed at people with high blood pressure who want to know what is driving it, people with abnormal cholesterol, those with a family history of heart disease, people living with type 2 diabetes, anyone struggling with weight or food addiction, and men dealing with erectile dysfunction related to poor blood flow.

It also suits people who learn well from video. Hearing a cardiologist explain an idea in their own words is often more memorable than reading it, and the companion guides help you go back over what you watched.

Who should skip it

If you want a pill or a quick fix, this is the wrong product for you. Heart Disease Code is about learning and making changes to food and lifestyle over time, and that asks for some effort.

It is also a poor fit if you want only mainstream advice. Several of the experts challenge widely held views on fat, cholesterol, whole grains and statins, which is exactly what makes the series so interesting to watch.

Most importantly, it is not medical care. It does not replace your doctor, a diagnosis or any treatment you have been prescribed. If you have symptoms such as chest pain or breathlessness, see a doctor or call your local emergency number.

What I like most

The depth of the research is the standout. Three years of interviews with over 40 experts produces far more than most health guides offer, and the range of voices means you hear several viewpoints on the same subject.

The practical bonuses are another real strength. The cookbook and Top 50 Foods ebook help turn ideas into meals, and the Testing Guide gives you a sensible way to prepare for a conversation with your doctor.

The price is also very reasonable for around 10 hours of documentary content plus the ebook and bonuses, and the 60-day guarantee takes the risk out of trying it.

[Add one strength you noticed personally, with a specific example from the series or the guides.]

What to know before you buy

If you take medication, please do not stop or change it because of something you watched. Take what you learn to your doctor, who can consider whether your treatment needs adjusting.

It is digital only, so there is no physical book or DVD. If you prefer paper, you can print the ebooks and guides yourself. The series is also around 10 hours long, which is a real commitment, though you can watch it at your own pace.

[Add any limitation you noticed yourself, such as something you would have liked more of.]

Price and guarantee

Heart Disease Code costs $19.95 as a one-time payment, with the normal price listed as $99.95. It comes with a 60-day, no-questions-asked, 100% satisfaction money-back guarantee. Access is instant once you complete your order. You can check the current price and what is included here **[{{AFFILIATE_LINK}}]**.

Is Heart Disease Code worth $19.95?

Heart Disease Code is a thorough, well-researched way to learn about heart disease from a wide range of experts, and it comes with practical tools that help you put what you learn into daily life. It is best suited to people who want to understand the causes behind their risk, are open to ideas that challenge the usual advice, and plan to take what they learn to their doctor.

For anyone with a family history, worrying numbers or a strong wish to look after their heart, it offers a great deal of knowledge for a modest one-time price, backed by a 60-day guarantee.

[Add your own closing thoughts and who you would personally recommend it to.]

Take a closer look at Heart Disease Code here **[{{AFFILIATE_LINK}}]**.