

- Heart disease is America's leading cause of death, and claims more than 600,000 lives each year. *Do you think it's actually possible for us to reach THE END OF HEART DISEASE?*
- Over 25 years, you've treated thousands of patients, many with advanced heart disease, and "not one of the individuals who followed your nutritional recommendations ever had a heart attack or died from heart disease." *Tell us about your prescription for reversing and preventing heart disease.*
- You recently authored a study about your Nutritarian diet style. *What did the study reveal?*
- You say that if a patient with heart disease is not told about effective dietary interventions and instead is only offered drugs, invasive procedures and surgeries, that person is denied informed consent. What does this mean for patients?
- If someone with symptoms of heart disease or who is concerned about heart disease starts on a Nutritarian diet, what's a typical amount of time it may take to begin seeing positive effects such as reduced blood pressure, lowered cholesterol, and healing of obstructive coronary artery disease?
- What do you think about the extremely low fat vegan diet that has been employed in the past to reverse heart disease and still expounded by some? What are your concerns with this type of diet?
- Why did you write this book? (hoping Joel will speak to this line from the book, "...every adult should be aware of the superior power of nutritional excellence to treat and eliminate heart disease, compared with the unimpressive results associated with standard cardiovascular medicine.")
- You say, "The standard American diet is heartbreaking—in the most literal sense of the word." What do you mean by that?
- What is the secret to a long life free of heart disease?
- What would you say to people who say your approach is too severe?
- How do you think modern medicine is failing to address and treat heart disease?
- You say you want this book to provide "comprehensive, informed consent" – what do you mean by that?