Beating Heart Disease - Is it even possible? How can we treat stable cardiovascular disease?

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Biography
Diamond Fernandes is your authority on cardiac rehabilitation and prevention. He is a graduate of the University of Calgary, and certified by the American College of Sports Medicine. He started his career with Total Cardiology Rehabilitation in Calgary, and was then recruited to go to Dubai, UAE. From there, he went on to manage the Kelowna (BC) Cardiac Rehabilitation program before starting the Heart Fit Clinic in Calgary, AB. He serves on the executive board for the Canadian Association of Cardiovascular Prevention and Rehabilitation (CACPR). He is the published author of the book "Beating Heart Disease" and is the director of the Heart Fit Clinic. His focus is on an integrative approach to helping people prevent, halt, and reverse heart disease.

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