



# Take It to Heart: The Real Deal On Women and Heart Disease

*Pamela Serure*

Download now

[Click here](#) if your download doesn't start automatically

# Take It to Heart: The Real Deal On Women and Heart Disease

Pamela Serure

## Take It to Heart: The Real Deal On Women and Heart Disease Pamela Serure

“All my dreams, confidence, creativity, and healthy living could not protect me from where my heart was about to take me . . . which was not, as I’d often hoped, to the love of my life or all my dreams fulfilled, but to a 99 percent blockage of my arteries and triple bypass surgery. I had *heart disease*.” —from *Take It to Heart*

Nobody lived a healthier or more active life. She was the juicing guru to the stars. She exercised and ate right. But at forty-seven Pamela Serure, exhausted, in pain, and with diagnoses ranging from menopause to anxiety, discovered that she had heart disease. Lifestyle and diet couldn’t correct what her genes had determined. With two days to get her affairs in order, Pamela prepared for triple bypass surgery to correct three almost completely clogged arteries.

What the doctors missed and what most women don’t seem to know is that heart disease is the number-one killer of American women. It kills more women than all the cancers combined. Traditional markers of heart disease, such as high cholesterol, may not apply to women. As a result, doctors consistently misdiagnose female patients with anxiety, digestive distress, or symptoms of menopause.

Blindsided by her sudden bypass surgery, Pamela Serure turned her life-altering experience into a personal mission to help educate other women about this dangerous and far-reaching disease. In this book Pamela opens the door to her recovery process and tells readers what the doctors won’t. She has found experts to offer advice so that readers will know exactly what to look for and what tests to demand. Women share stories of how they persisted in having the cardiac tests run that saved their lives and others share stories of women they lost because of a missed diagnosis. Comforting, funny, and soulful, this is the book that will empower women to take charge of their heart health. As Pamela says, “These days heart disease has all my attention, as it should have yours.”



[Download Take It to Heart: The Real Deal On Women and Heart Disease ...pdf](#)



[Read Online Take It to Heart: The Real Deal On Women and Heart Disease ...pdf](#)

**Download and Read Free Online Take It to Heart: The Real Deal On Women and Heart Disease  
Pamela Serure**

## **Download and Read Free Online Take It to Heart: The Real Deal On Women and Heart Disease Pamela Serure**

---

### **From reader reviews:**

#### **Nancy Farley:**

Book is actually written, printed, or created for everything. You can realize everything you want by a publication. Book has a different type. As it is known to us that book is important thing to bring us around the world. Next to that you can your reading expertise was fluently. A reserve Take It to Heart: The Real Deal On Women and Heart Disease will make you to always be smarter. You can feel more confidence if you can know about every little thing. But some of you think that will open or reading a new book make you bored. It is not make you fun. Why they could be thought like that? Have you in search of best book or acceptable book with you?

#### **Charles Green:**

This Take It to Heart: The Real Deal On Women and Heart Disease tend to be reliable for you who want to be described as a successful person, why. The reason of this Take It to Heart: The Real Deal On Women and Heart Disease can be on the list of great books you must have will be giving you more than just simple examining food but feed you with information that perhaps will shock your prior knowledge. This book is handy, you can bring it everywhere you go and whenever your conditions at e-book and printed ones. Beside that this Take It to Heart: The Real Deal On Women and Heart Disease giving you an enormous of experience for instance rich vocabulary, giving you trial of critical thinking that we know it useful in your day exercise. So , let's have it and enjoy reading.

#### **Clarine Davidson:**

The reserve with title Take It to Heart: The Real Deal On Women and Heart Disease possesses a lot of information that you can learn it. You can get a lot of help after read this book. This specific book exist new information the information that exist in this publication represented the condition of the world right now. That is important to yo7u to know how the improvement of the world. That book will bring you with new era of the the positive effect. You can read the e-book on your smart phone, so you can read the idea anywhere you want.

#### **Alfred Leahy:**

What is your hobby? Have you heard which question when you got learners? We believe that that query was given by teacher on their students. Many kinds of hobby, All people has different hobby. And also you know that little person just like reading or as studying become their hobby. You should know that reading is very important along with book as to be the factor. Book is important thing to include you knowledge, except your teacher or lecturer. You get good news or update with regards to something by book. Different categories of books that can you choose to adopt be your object. One of them is actually Take It to Heart: The Real Deal On Women and Heart Disease.

**Download and Read Online Take It to Heart: The Real Deal On Women and Heart Disease Pamela Serure #RWUNK8S2IQD**

## **Read Take It to Heart: The Real Deal On Women and Heart Disease by Pamela Serure for online ebook**

Take It to Heart: The Real Deal On Women and Heart Disease by Pamela Serure Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Take It to Heart: The Real Deal On Women and Heart Disease by Pamela Serure books to read online.

### **Online Take It to Heart: The Real Deal On Women and Heart Disease by Pamela Serure ebook PDF download**

**Take It to Heart: The Real Deal On Women and Heart Disease by Pamela Serure Doc**

**Take It to Heart: The Real Deal On Women and Heart Disease by Pamela Serure MobiPocket**

**Take It to Heart: The Real Deal On Women and Heart Disease by Pamela Serure EPub**