

Dear Editor,

The tragic, untimely death of *Meet the Press* moderator Tim Russert has been a wake-up call to many people who are now wondering what they can do to prevent heart disease.

Most heart disease is diet-related—caused by consuming animal products loaded with saturated fat and cholesterol. Study after study has shown a significant correlation between the consumption of animal-based foods and the increased risk of a heart attack or stroke.

The good news is that a healthy plant-based diet can reduce your risk of having a heart attack and even *reverse* arterial blockages. A study by Dr. Dean Ornish found that cardiac patients who were put on a low-fat vegetarian diet and a moderate exercise program experienced a significant drop in their cholesterol levels, and the plaque that had been growing in their hearts for decades actually started to dissolve within one year.

Find out more about preventing heart attacks and eating a more healthful diet at GoVeg.com.

Sincerely,

Chris Holbein
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