

February Heart Month Calgary Book Pre-Launch

February is heart month and Diamond Fernandes, director of the Heart Fit Clinic, has published his first book called *Beating Heart Disease*.

CALGARY, ALBERTA, CANADA, February 7, 2018 /EINPresswire.com/ -- Heart disease is a major killer of men and women in developed countries, yet the number one preventable disease.

[Beating Heart Disease](#) book pre-launch celebration event is happening Wednesday, February 7th, 6:30 pm at Hotel Blackfoot. Diamond Fernandes, the founder and director of the [Heart Fit Clinic](#) and now published author will be speaking this evening going over the contents in the book. The very first copies of the book will be available for sale this evening.

Beating Heart Disease, Five Powerful Pillars to Prevent and Reverse Heart Disease, by Diamond Fernandes is a much-anticipated book. In the book he covers how to navigate heart disease having his readers understand that gaps in our healthcare system. There is a big gap between going to your family doctor and seeing a cardiologist. Preventative cardiologists are only looking for advanced stages of heart disease. Exercise Stress Tests are a great starting point but the outcomes from this test have to change. The majority of cardiovascular events occur with blockages that are less than 50%, therefore leaving people with a false sense of security.

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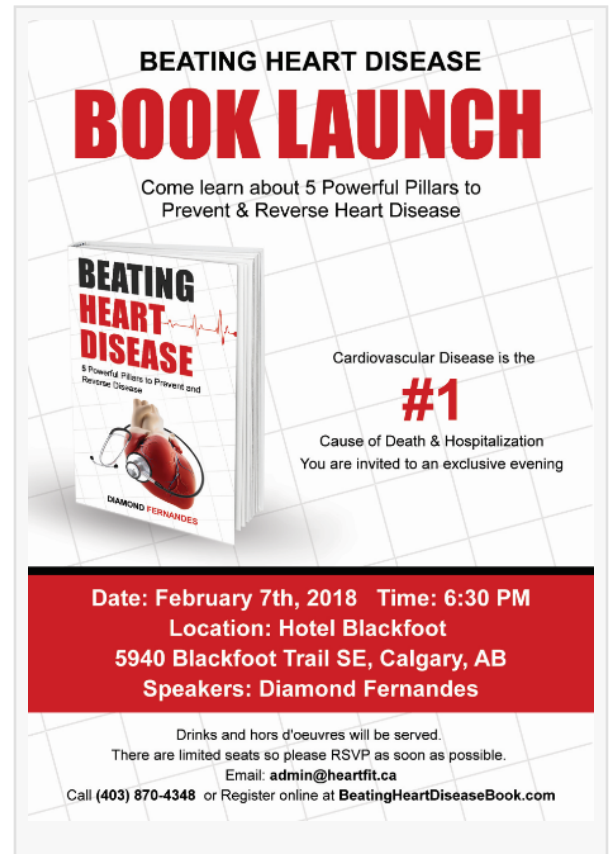
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Diamond Fernandes

reverse heart disease.

The first pillar is exercise. Exercise is medicine and should be prescribed more often to treat disease. The second pillar is nutrition. Walking into your grocery store can be like walking into your pharmacy. The third is stress management. Keeping stress under control is important, as it can be a hidden risk factor that is hard to measure. The fourth pillar is relationships. Your heart is a love muscle, and it is important to have connection. The last pillar is mindset. Setting the right mindset for success to beat heart disease is important.

In the book, *Beating Heart Disease*, Fernandes also discusses the importance of [External](#)



BEATING HEART DISEASE
BOOK LAUNCH

Come learn about 5 Powerful Pillars to Prevent & Reverse Heart Disease

Cardiovascular Disease is the **#1** Cause of Death & Hospitalization
You are invited to an exclusive evening

Date: February 7th, 2018 Time: 6:30 PM
Location: Hotel Blackfoot
5940 Blackfoot Trail SE, Calgary, AB
Speakers: Diamond Fernandes

Drinks and hors d'oeuvres will be served.
There are limited seats so please RSVP as soon as possible.
Email: admin@heartfit.ca
Call (403) 870-4348 or Register online at BeatingHeartDiseaseBook.com

[Counterpulsation](#) as a treatment option for poor circulation, coronary artery disease and heart failure. The book will be available on amazon in March and also available online on their website, beatingheartdiseasebook.com.

For more information, please contact the Heart Fit Clinic.

Diamond Fernandes
Heart Fit Clinic
(403) 870-4348
[email us here](mailto:info@beatingheartdiseasebook.com)



This press release can be viewed online at: <http://www.einpresswire.com>

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