

UNDERSTANDING THE HEART



SURPRISING INSIGHTS INTO
THE EVOLUTIONARY ORIGINS
OF HEART DISEASE
—AND WHY IT MATTERS

DR. STEPHEN HUSSEY, MS, DC

Understanding the Heart

Surprising Insights into the Evolutionary Origins of
Heart Disease—and Why It Matters



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“Mind-blowing.... One of the best books I’ve ever read on cardiovascular health.”

– Ben Greenfield, *New York Times* bestselling author

Heart disease is the leading cause of death worldwide. Despite ever-advancing medical procedures and increasingly powerful pharmaceutical drugs, the rate of heart disease continues to rise. And yet, the percentage of the population with high cholesterol, the most commonly cited cause of heart-related deaths, has steadily declined. This paradox signals a need for a complete reassessment of our understanding of how the heart really functions and how to keep it healthy.

As a type 1 diabetic, Dr. Hussey has always known he was at a higher risk of developing heart disease. And therefore, he dedicated his life to understanding the heart, to prevent himself from becoming a statistic. Then, in early 2021, his worst nightmare came true—he suffered a “STEMI,” a life-threatening blockage in the left anterior descending artery of his heart.

Dr. Hussey was lucky to survive but faced a difficult decision during his recovery: follow the standard of care laid out for him by the attending cardiologist, or apply everything he’d learned about the heart to a recovery protocol that would look massively different.

In *Understanding the Heart*, Dr. Hussey shares the information that guided him through the highest-stakes decision of his life, including:

- The evolutionary origins of the nervous system, and how these manifest today in rampant rates of heart disease yet rare cases of heart cancer
- The importance of reducing oxidative stress for a heart healthy lifestyle
- A large body of research suggesting that the heart is not the main mover of blood in the body, and what that means for your overall health

In *Understanding the Heart*, Dr. Hussey lays bare everything he has learned in his deep investigation into the heart, providing science-backed tools to guide readers on a path to disease prevention and lifelong health.

About the Author

Dr. Stephen Hussey is a board-certified chiropractor and functional medicine practitioner. He has a bachelor’s degree in health and wellness promotion from the University of North Carolina Asheville as well as a doctorate of chiropractic and master’s in human nutrition and functional medicine from the University of Western States. In addition to working as a chiropractor in clinical practice, Dr. Hussey has worked with people all over the world, coaching them back to health; he sees the power of food, lifestyle change, and personal environment modification change lives every day. He can be found on his website, www.resourceyourhealth.com, or on social media @drstephenhussey and is also the author of *The Health Evolution: Why Understanding Evolution is the Key to Vibrant Health*.