

Health Expert Dr. Balaram Dhotre Launches New Book to Tackle the Root Causes of Heart Disease

Reverse Heart Disease: No Lifelong Suffering by Dr. Balaram Dhotre provides a transformative guide to understanding heart health by addressing the root cause of high cholesterol and ApoB, moving beyond traditional symptom management.



Vadodara, Gujarat Feb 4, 2026 ([Issuewire.com](https://www.issuewire.com)) - Researcher, health coach, and author, Dr. Balaram Dhotre, brings a change in the medical industry and the lives of millions of people with his recently published book, 'Reverse Heart Disease: No Lifelong Suffering'. This book aims to provide more awareness about cardiac disease, high cholesterol, high Lp(a), and other chronic illnesses while sharing information about how to control them. It is not only a book but a motivational tool that can help

readers understand the root causes and fight against them instead of accepting them as unavoidable.

Dr. Balaram Dhotre has a PhD in Drug Design, and he is a heart disease survivor himself. Combining his years of experience as a researcher at prestigious pharmaceutical companies, in-depth knowledge of medical science, chemistry, cellular nutrition, and drug design, and experiences as a strong survivor, he has come up with the book 'Reverse Heart Disease' that can educate people and inspire them at the same time. The book can benefit people by making a root cause approach that offers fast recovery even from chronic diseases.

Dr. Dhotre has previously published "Unraveling the Root Cause of Chronic Diseases," which also accumulates his findings and the true causes of chronic diseases. His books are now available on Amazon, and readers can find it at <https://www.amazon.in/dp/B0G7SB4QCD>. Dr. Dhotre is also available on Facebook, Instagram, LinkedIn, and YouTube.

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