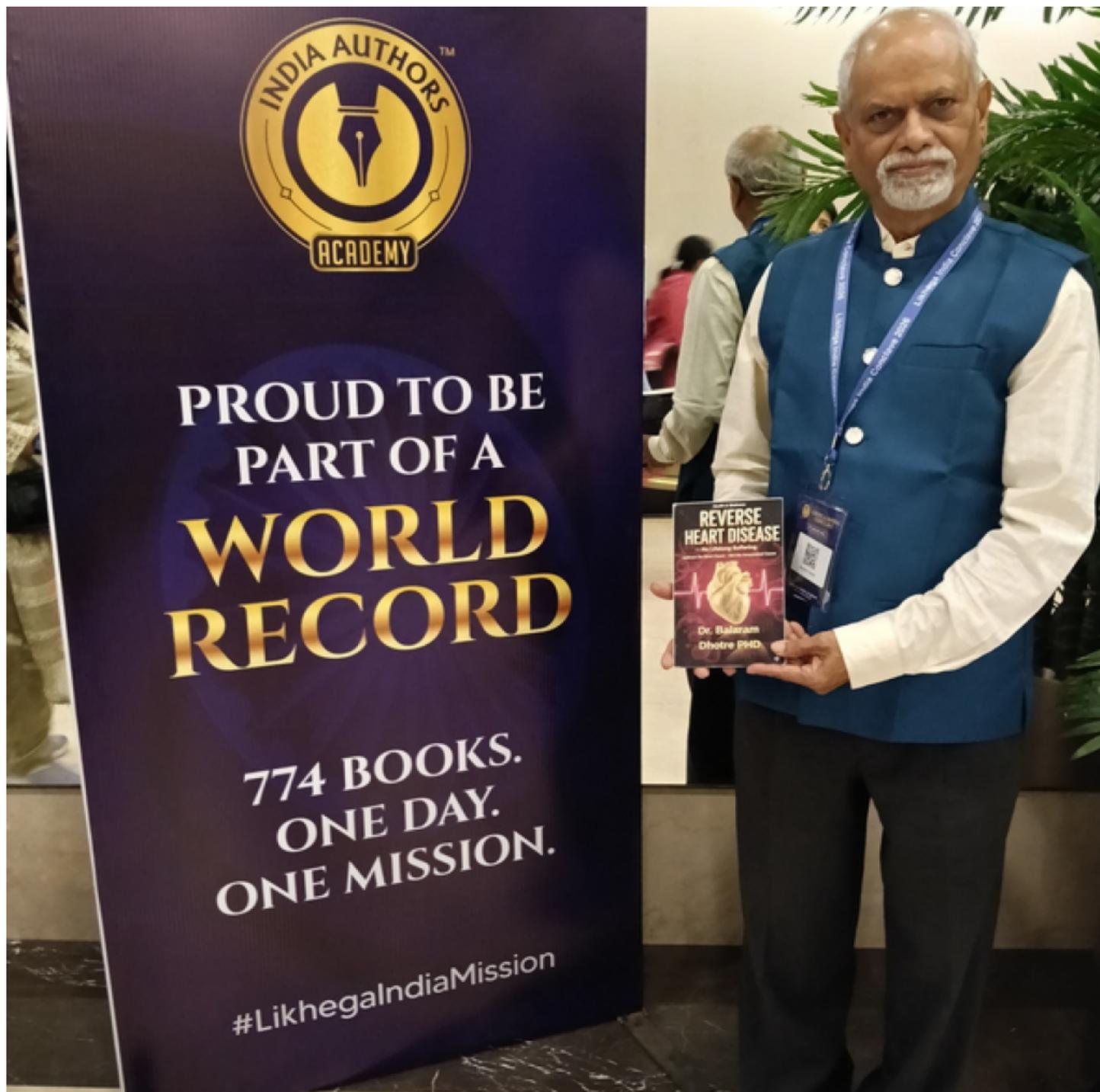


## Health Expert Dr. Balam Dhotre Launches New Book to Tackle the Root Causes of Heart Disease: The Lp(a) Connection

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



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. Moving beyond the standard practice of simply managing symptoms with lifelong medication, Dr. Dhotre's work identifies the biological triggers of arterial damage—specifically highlighting the role of Lipoprotein(a) as the body's "emergency repair" molecule.

### A Shift from Symptom Management to Artery Repair

In a medical landscape where heart disease and diabetes are claiming younger lives every year, Dr. Dhotre argues that the "cholesterol-only" narrative is incomplete. Drawing on his PhD in Drug Design and his personal journey as a heart disease survivor, Dr. Dhotre connects modern research with the "Unified Theory" of heart disease.

"We have been taught that LDL is the enemy, but science shows that heart disease starts with arterial damage, often caused by nutrient deficiencies," says Dr. Dhotre. "When the artery wall weakens, the body uses Lp(a) as a biological bandage. If we don't fix the underlying damage, this repair process turns into a dangerous blockage."

Image

### Addressing the "Hidden" Risk Factors: Lp(a) and ApoB

The book provides a scientific blueprint for identifying "hidden" risks that standard blood tests often miss. While many patients are told their cholesterol is "managed," their arteries remain at risk. Dr. Dhotre's protocol focuses on:

- Neutralizing the Root Cause: How Vitamin C and essential amino acids strengthen the arterial collagen.
- The Lp(a) Distinction: Understanding why Lp(a) is the primary constituent of early plaque, not just regular LDL.
- Rapid Recovery: Scientific insights into normalizing lipid levels and cleaning arterial walls in less than a year.

**Learn more about the science of artery repair here:** <https://lyproc.com/reverse-heart-disease-root-cause/>

### About the author

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.

#### Availability

"Reverse Heart Disease: No Lifelong Suffering" is currently available for purchase on Amazon.

Direct Purchase Link: <https://www.amazon.in/dp/B0G7SB4QCD>

For further insights into the difference between "associated causes" and "root causes," Dr. Dhotre has published a detailed whitepaper for health professionals and patients alike:

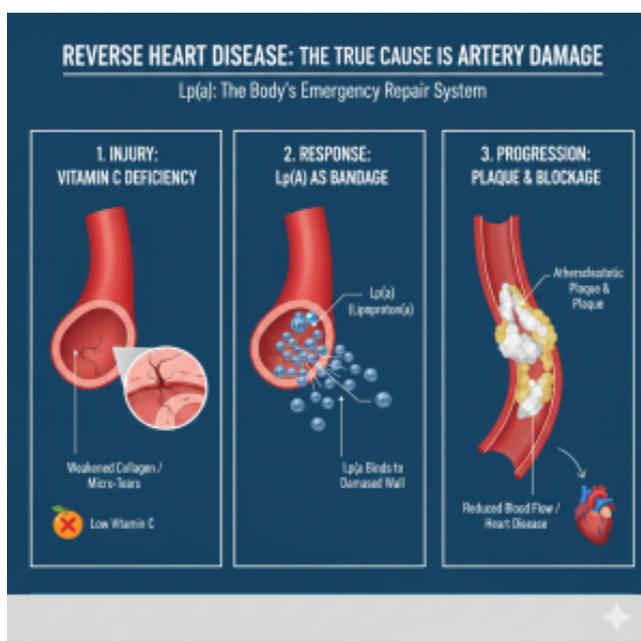
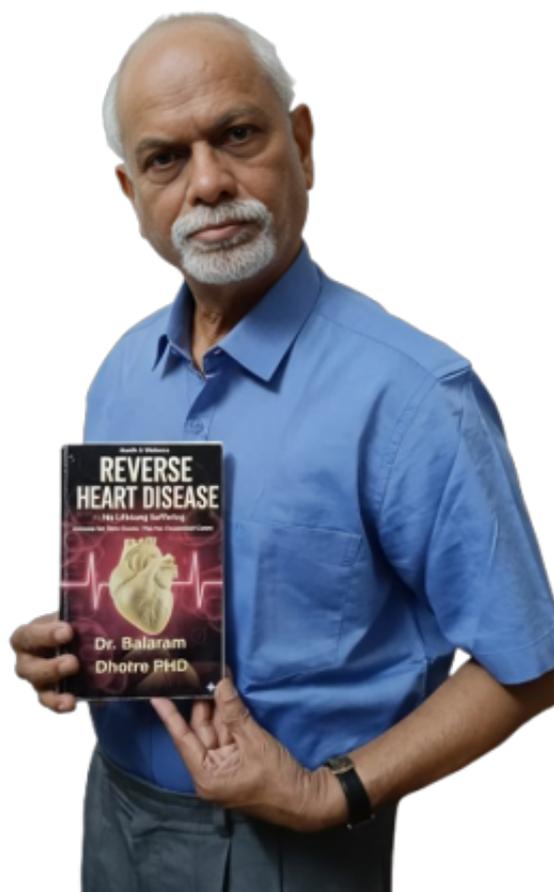
Read the Whitepaper: Understanding Associated Causes in Medicine {<https://lyproc.com/what-is-an-associated-cause-understanding-links-in-science-medicine-and-everyday-life/>}

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