Heather Shenkman, MD, FACC, is an interventional cardiologist in practice in the Los Angeles area. While she performs complex angioplasties to open up clogged coronary arteries, she prefers to help her patients reduce their risk of heart disease through a healthy lifestyle, including a plant-based diet and regular exercise, in addition to medication when appropriate. Shenkman is an avid athlete, having completed over a hundred events of various distances, from sprint triathlons to Ironman distance triathlons, marathons and ultramarathons, and several hundred-mile century cycling events. Dr. Shenkman is a strong believer in a plant-based diet for heart health, as numerous studies have demonstrated prevention and even reversal of coronary artery disease. She has written the just-published: *The Vegan Heart Doctor’s Guide to Reversing Heart Disease, Losing Weight, and Reclaiming Your Life*. Her website is www.drheathershenkman.com and she can be followed on Twitter at @veganheartdoc.