

Winning Beyond First Place

Securing Silver at Nationals
and Reversing Heart Disease

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Reversing heart disease requires relying on evidence-based science

The Boston Heart Disease Consultation operates with a singular mission: making state-of-the-art information on heart disease reversal accessible to the public.



Diet

- Utilizing the best available clinical science. Implementing targeted diets.



Exercise

- Implementing exercise and pharmaceutical interventions.



Medication

- Focused on reversing and curing, not just managing, cardiovascular disease.



**A severe heart disease
diagnosis threatened
everything eleven years ago**

11 Years Ago

Before setting world records, there was a stark reality. Eleven years prior to the Masters National Championships, a diagnosis of severe cardiovascular disease forced a complete reevaluation of health and performance.

Pushing clinical limits to reverse cardiovascular disease

20 mg/dL



Ultra-low LDL cholesterol

WFPB



Whole-Food, Plant-Based Diet

Disease reversal was achieved through proven scientific methods. By aggressively lowering LDL cholesterol to 20 mg/dL and adopting a strict whole-food, plant-based diet, the condition stabilized and improved, laying the foundation for a return to elite competition.

Returning to elite form demands overcoming immense physical hurdles

The Peak



Set a world record in 2023.

The Setback



Major reconstructive foot surgery requiring one full year of recovery.

The Sprint



A grueling 4-month block of dedicated on-bike training.

The Crucible



Training and racing in Memphis, TN with professionals and Category 3 riders, excelling in hilltop sprints.

The ultimate clinical stress test at the Masters National Championships

Milwaukee, Wisconsin

USA Cycling Masters
National Championships

65+ Age Category

Three highly intense races
squeezed into a single week.



Race 1: Surviving the high-speed chaos of the Criterium

Challenge

A short course confined to a single city block with numerous turns and a notoriously high crash risk. Extreme pre-race anxiety just three days after arrival.

Action

Navigating the chaotic pack safely while managing adrenaline and technical corners.

Result

Finished 14th out of 50 elite participants.



Race 2: Securing a silver medal by razor-thin margins in the Time Trial

Challenge

A precise 10-mile race against the clock in heat. Power output was draining, dropping over 30 watts (~10%) below expectations.

Action

Pushing through the heat and internal pressure, hoping merely for a top-10 finish.

2ND PLACE 

100°F

0.48 SECONDS

- Just 7 seconds behind the winner (a multiple world champion).
- Just 0.48 seconds ahead of 3rd place (Joseph Foster, last year's National Champion).



The true victory is experiencing zero ischemia
at maximum physical exertion

ZERO  **ISCHEMIA**

Medals are a testament to training, but the ultimate **validation** of the Boston Heart Disease Consultation protocol occurred silently on the course. Pushing the body to its absolute cardiovascular limit in 100-degree heat yielded **zero ischemic** symptoms.

Race 3: Executing a thrilling chase in the Road Race

Race Dashboard

Challenge	Action	Result
A demanding five-lap race. A small breakaway group escaped with five miles remaining.	Launched a massive chase effort during the final four miles, teaming up with multiple world champion Larry Nolan to close the gap.	Caught the breakaway within the final 200 meters. Passed several riders to secure 5th Place (the second podium finish in 8 years).

FINAL 200 METERS

METERS

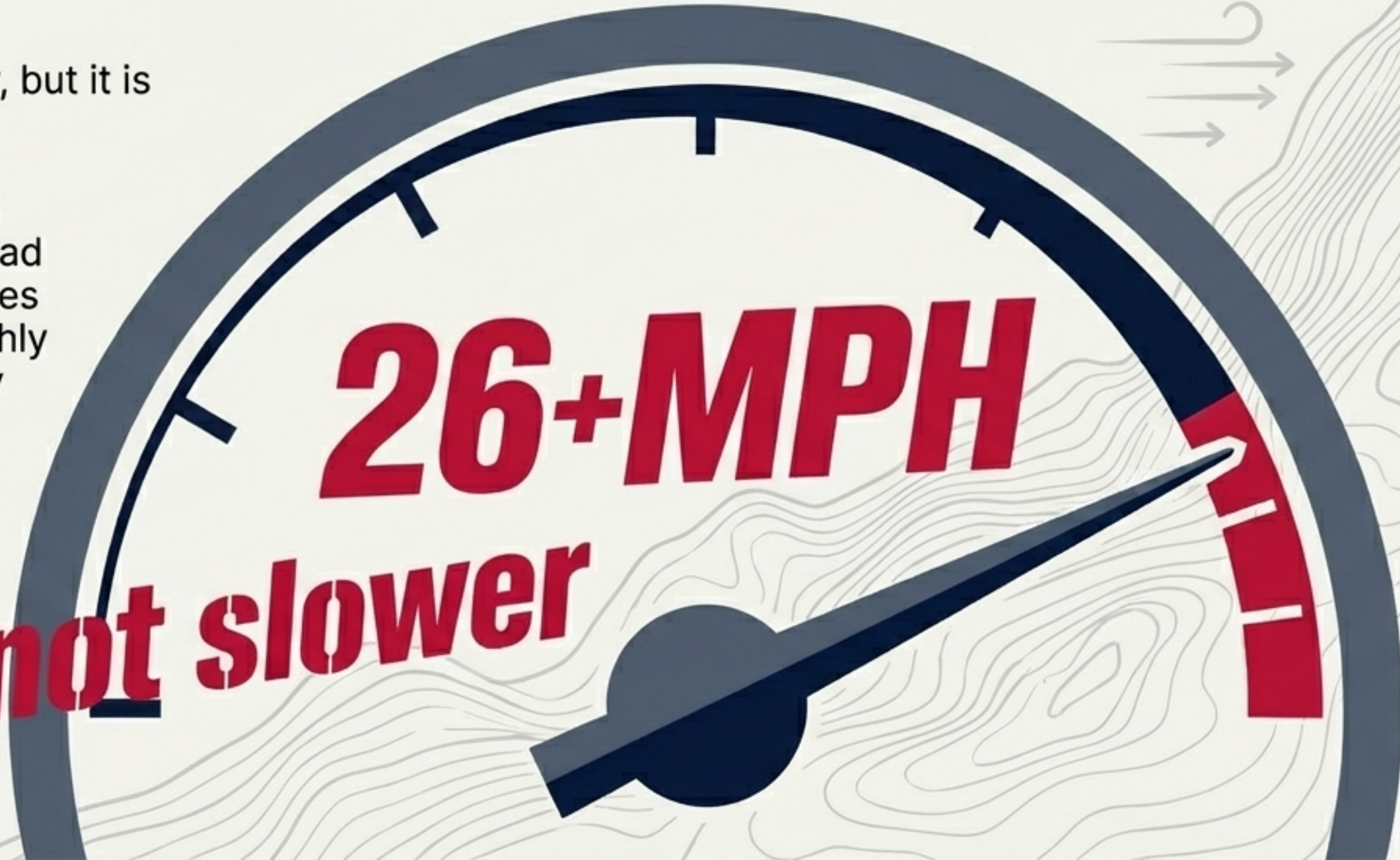


Redefining the physical capabilities of athletes aged 65 and older

The 65+ category may be perceived by some as older, but it is unequivocally not slow.

During the final two 10-mile laps of the road race, the lead group averaged over 26 miles per hour. Achieved on a highly demanding, hilly, and windy race course.

Older is not slower



26+MPH

Elite human performance is built on a precise clinical foundation



Ultra-Low LDL Target (20 mg/dL)



Whole-Food, Plant-Based Nutrition



Dedicated Corrective Surgery & Recovery



Elite Athletic Resilience & Zero Ischemia

Continue the journey toward evidence-based heart disease reversal

Access state-of-the-art information and clinical perspectives at Curing Heart Disease, LLC.



**Cholesterol for Athletes:
How to Lower LDL Without
Losing Your Edge
(A Practical Guide to Statins)**



**LDL 'BAD' Cholesterol:
Apolipoprotein B, Imaging
Resolution, and the Illusion of
"Normal" Coronary Arteries**

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