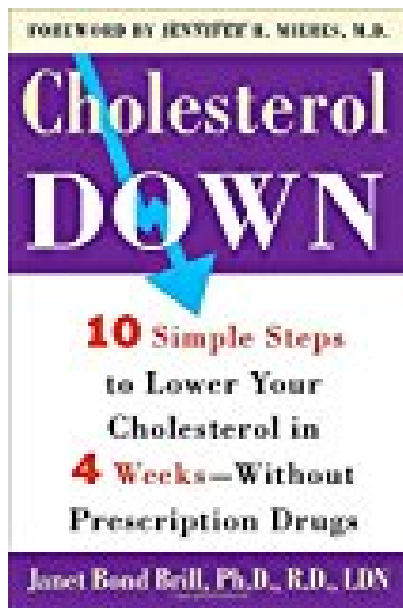


# Cholesterol Down Ten Simple Steps to Lower Your Cholesterol in Four Weeks--Without Prescription Drugs

---



## BOOK DETAILS

- Author : Janet Brill
- Pages : 336 Pages
- Publisher : Three Rivers Press
- Language : English
- ISBN : 0307339114

[↓ DOWNLOAD](#)

## **BOOK SYNOPSIS**

Take Control of Your Cholesterol— Without Drugs If you are one of the nearly 100 million Americans struggling with high cholesterol, then Dr. Janet Brill offers you a revolutionary new plan for taking control of your health—without the risks of statin drugs. With Dr. Brill’s breakthrough Cholesterol Down Plan, you simply add nine “miracle foods” to your regular diet and thirty minutes of walking to your daily routine. That’s all. This straightforward and easy-to-follow program can lower your LDL (“bad”) cholesterol by as much as 47 percent in just four weeks. Cholesterol Down explains Dr. Brill’s ten-point plan as well as the science behind it. You’ll learn how each miracle food affects LDL cholesterol and how the foods work together for maximum effect, as well as:

- How eating whole grains helps reduce LDL cholesterol in your bloodstream
- Why antioxidants keep plaque from building up in your arteries
- How certain steps change the structure of LDL cholesterol particles (and why it’s best for them to be large and fluffy)
- Why walking just thirty minutes a day lowers “bad” cholesterol and cuts dangerous belly fat

With everything you need to stay focused on the plan, including a daily checklist, a six-month chart for tracking LDL cholesterol changes, tools for assessing your risk level for cardiovascular disease, sample weekly menus, and even heart-healthy recipes, Cholesterol Down is the safe and effective alternative or complement to statin drugs. From the Trade Paperback edition.

### **CHOLESTEROL DOWN TEN SIMPLE STEPS TO LOWER YOUR**

### **CHOLESTEROL IN FOUR WEEKS--WITHOUT PRESCRIPTION DRUGS** - Are

you looking for Ebook Cholesterol Down Ten Simple Steps To Lower Your Cholesterol In Four Weeks--Without Prescription Drugs? You will be glad to know that right now Cholesterol Down Ten Simple Steps To Lower Your Cholesterol In Four Weeks--Without Prescription Drugs is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product. Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Cholesterol Down Ten Simple Steps To Lower Your Cholesterol In Four Weeks--Without Prescription Drugs may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Cholesterol Down Ten Simple Steps To Lower Your Cholesterol In Four Weeks--Without Prescription Drugs and many other ebooks. We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Cholesterol Down Ten Simple Steps To Lower Your Cholesterol In Four Weeks--Without Prescription Drugs. To get started finding Cholesterol Down Ten Simple Steps To Lower Your Cholesterol In Four Weeks--Without Prescription Drugs, you are right to find our website which has a comprehensive collection of manuals listed.