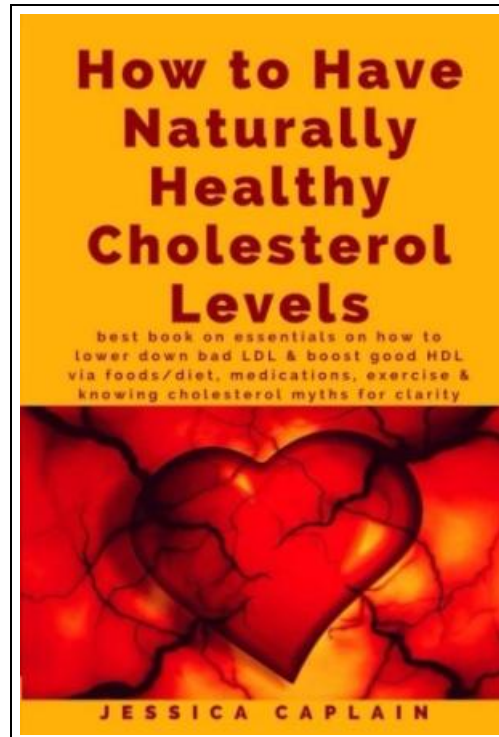


## How to Have Naturally Healthy Cholesterol Levels: The Best Book on Essentials on How to Lower Bad LDL Boost Good Hdl Via Foods/Diet, Medications, Exercise Knowing Cholesterol Myths for Clarity (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Tens of Thousands are Dying and Suffering Regularly for Being Clueless about Cholesterol and the Myths Being Perpetrated (Get the kindle version FREE if you buy the paperback version) Suffering from unhealthy or high cholesterol levels? In the USA alone, nearly a hundred million are suffering from uncontrolled, high cholesterol. The thing is, the average person can't distinguish cholesterol myth from facts. They may even be over dependent on dangerous Statin drugs along with their side effects. They undermine the value of other treatment modalities to manage cholesterol. High cholesterol levels are poor predictors for a heart attack. This means we have to have better clarity in understanding what cholesterol truly is. It's not a simple matter of just eliminating cholesterol from our diets. There are good and bad cholesterol! There are a countless number of ways to manage one's cholesterol levels and that is what we will be exploring today, in depth. Along with conventional medications? You're going to learn how to lower cholesterol naturally through overall lifestyle changes such as exercise, diets, knowing which foods lower cholesterol and which foods to avoid completely. The bottom line is after you've read this book? You'll have the ability to take full charge of your health, control your cholesterol levels and be protected for life! Here's a preview of what you'll learn: Chapter 1: Getting to know cholesterol How much do you know about cholesterol? What are low-density and high-density lipoproteins? Your liver and cholesterol's there such a thing as good cholesterol? Is bad cholesterol really bad? Reasons why you need cholesterol in your body Serious health conditions associated with high cholesterol levels Assessing your risks Knowing the numbers Other risk factors to...



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