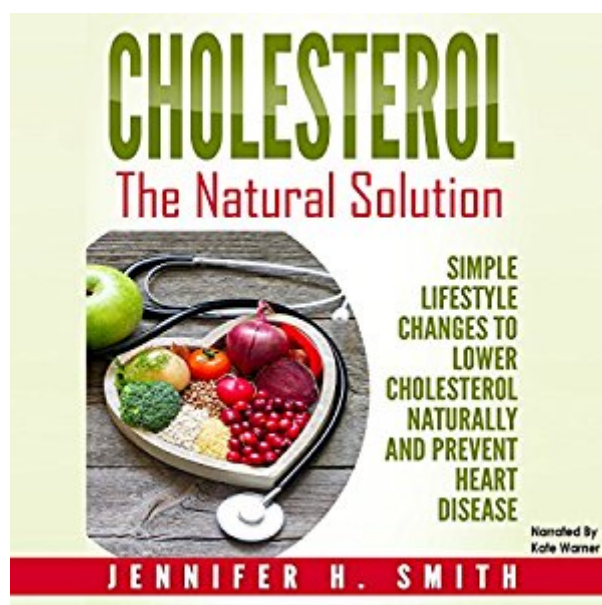


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# Cholesterol: The Natural Solution: Simple Lifestyle Changes To Lower Cholesterol Naturally And Prevent Heart Disease



## Synopsis

High cholesterol is a silent killer that puts you at risk for life-threatening diseases, such as heart attack and stroke. Whether you have just been diagnosed with high cholesterol, have been struggling with it for some time and are looking for new ideas to manage the condition, or have a family history of high cholesterol and want to reduce the risk, this book is the perfect solution for you. Medical treatment for high cholesterol may not address the actual causes of your high cholesterol or provide a long-term solution. With this book, you will develop a comprehensive understanding of the disease and learn how to lower cholesterol naturally. By listening to this book you will learn: The risk factors, causes and diseases related to high cholesterol Simple lifestyle changes to lower LDL (the bad cholesterol) and increase HDL (the good cholesterol) Cholesterol-lowering diet plans A new shopping list and cooking tips Home remedies to reduce cholesterol And much more! Don't wait for the devastating complications that come with high cholesterol to come knocking on your door. This book will help you regain control of your health and help you start lowering cholesterol for good. Download your copy of Cholesterol: The Natural Solution now!

## Book Information

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## Customer Reviews

This is a good reading for people who are diagnosed with high cholesterol. It is even more valuable for those who want to prevent this diagnose. Here you will find complete guide of what to eat, what not to eat, helpful exercises and tons of other valuable information that will help you to prevent the

disease. The book is written in easy and understandable language without many high tech medical terms, so it is really pleasure to read and implement. Thank you for the good book.

This book is a real eye opener regarding how we are abusing our bodies and how we can live healthier! The book provides extensive information about how to make healthier food choices and what not to eat in order to lower bad cholesterol. Moreover, useful herbal remedies and easy exercises to reduce cholesterol level makes this book a complete guide, not only for those who have high cholesterol problems, but also for those who want to prevent this disease. It was a really interesting reading, I knew so many new facts and useful information!

High cholesterol is a silent killer and puts you at risk anytime. However, this book will help us achieve healthy goals. This book is very comprehensive which obtains beneficial life-style changes, preventive measures and healthy diet plans. I would like to recommend this book to my family who are really prone to high cholesterol level risk.

I gained much valuable information and clarification from this guide as it was clear and concise. I was living a not so good lifestyle before and having this book as my buddy now, it will surely help me change for the better and gave me useful tips to lower my cholesterol. Thanks!

Thorough book. A fairly complete guide on how to lower cholesterol by teaching most importantly the foods to eat, foods not to eat, and the proper exercise routine. The diet is of course the most crucial and can have the biggest impact on your results. Informative ebook, thanks for the details.

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