



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

*Dr. Janet Brill*

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## **Cholesterol Down: Ten Simple Steps to Lower Your Cholesterol in Four Weeks--Without Prescription Drugs** Dr. Janet Brill

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.*

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In this age globalization it is important to someone to find information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of references to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher that print many kinds of book. Often the book that recommended for your requirements is Cholesterol Down: Ten Simple Steps to Lower Your Cholesterol in Four Weeks--Without Prescription Drugs this reserve consist a lot of the information in the condition of this world now. This particular book was represented how can the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. Typically the writer made some analysis when he makes

this book. That is why this book appropriate all of you.

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