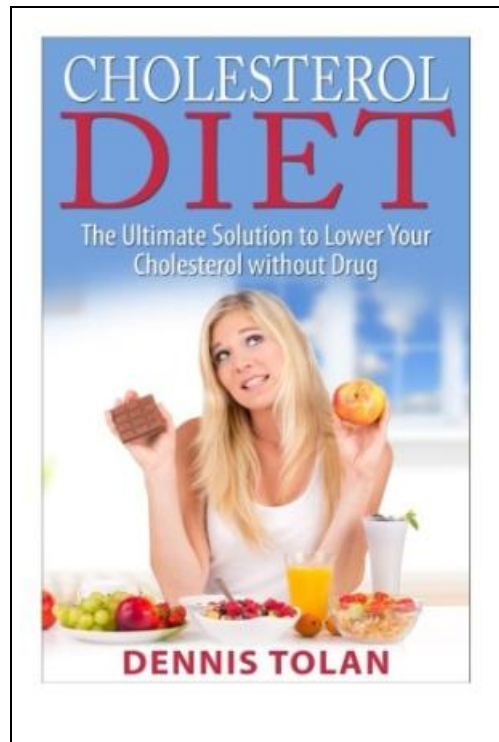


## Cholesterol Diet: The Ultimate Solution to Lower Your Cholesterol Without Drug



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## CHOLESTEROL DIET: THE ULTIMATE SOLUTION TO LOWER YOUR CHOLESTEROL WITHOUT DRUG



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Ultimate Solution to Lower Your Cholesterol Without Drug Cholesterol is an important substance that your body need. There are 3 types of cholesterol - the bad cholesterol (LDL), good cholesterol (HDL) and triglycerides. If your bad cholesterol level is higher than the normal level in your bloodstream, it causes blockage of your arteries. However, there are things that you can do to manage cholesterol levels and lower your risk. High cholesterol is one of the health problems that are affecting millions of people all over the world. It is considered as one of the major risk factors for heart disease. You will have difficulties in dealing with it if you are not aware what cholesterol is. There are lots of myths and misconceptions about cholesterol, which worsen the situation and in some cases it even lead to stroke and heart attack. This book wants to emphasize that cholesterol is NOT your enemy. It is a substance needed by several vital organs like liver in order to function properly. This book is written not just to define terms and collect information that you already knew. It contains details and facts that are unknown to you. Through this book, you will be able to understand why cholesterol should not be blamed if someone died of heart attack and stroke. Based on a report presented by the Center for Disease Control and Prevention, 71 million Americans have high cholesterol. Only 1 out of every 3 adults was able to control their condition. Keep in mind that high cholesterol has no signs or symptoms and the only way to determine how high your cholesterol level is by undergoing simple blood tests....



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