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Cholesterol Down by Janet Bond Brill PhD RD LDN

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.

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Flaxseeds also contain lignan, which is an extremely powerful antioxidant that inhibits the process of atherosclerosis and cut down LDL cholesterol. 7) Eat Apples: Pectin, the soluble fiber contained in apples, works through a similar pathway as the other soluble fibers.

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Cholesterol Down Ten Simple Steps to Lower Your

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Why Doctor Janet Brill Author of Cholesterol Down is

He wrote the book "The Cholesterol Con," which competes with my bestselling book, "Cholesterol DOWN" (mine, of course, sells much better Bottom line: a nutrient dense, plant-based diet rich in whole foods including whole grains, fresh fruit, vegetables, olive oil, legumes, nuts, fish and fat-free dairy is the optimal eating plan for good health and wellness.

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