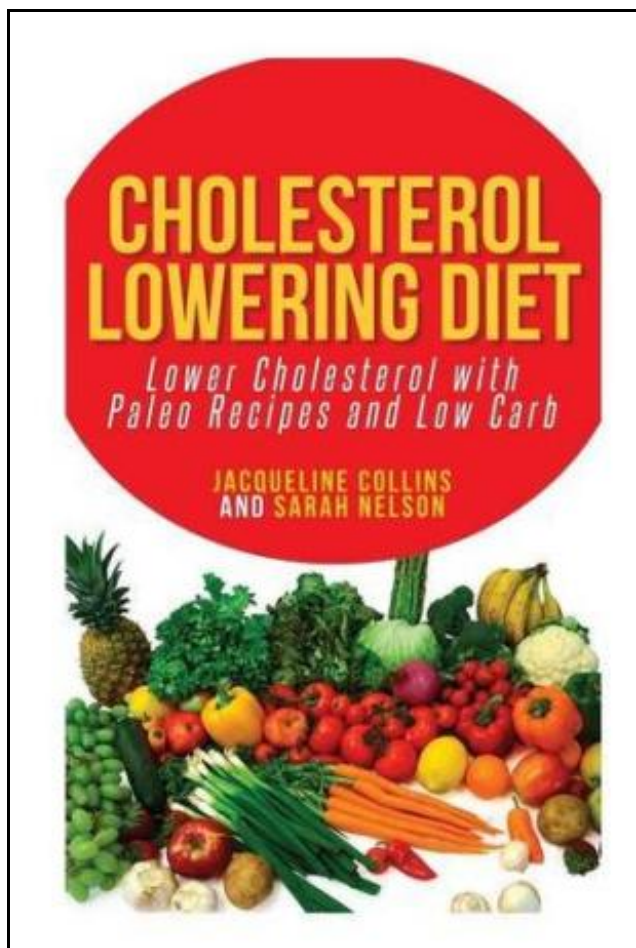


Cholesterol Lowering Diet: Lower Cholesterol with Paleo Recipes and Low Carb



Filesize: 1.33 MB

Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ally Reichel)

CHOLESTEROL LOWERING DIET: LOWER CHOLESTEROL WITH PALEO RECIPES AND LOW CARB



Speedy Publishing Books, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Cholesterol Lowering Diet: Lower Cholesterol with Paleo Recipes and Low Carb The Cholesterol Lowering Diet book features two different yet very similar diet plans, the Low Carb Diet and the Paleolithic Diet. Each diet is geared to be low carb and offers great benefits to those who need help in lowering their cholesterol through diet. The first line of action a healthcare provider will suggest for a patient with high cholesterol levels is to eat a well balanced diet. Many will suggest steering clear of high carbs and eating healthy whole foods from lean meats and fresh fruits and vegetables. These very foods are featured in both the low carb diet and the Paleolithic diet. The first section of the book features a Low Carb Diet plan. Low carb foods naturally help the body to lower cholesterol and maintain proper cholesterol levels.



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