



The Everything Low Cholesterol Book

Author : Murdoc Khaleghi / **Category :** Health & Fitness / **Total Pages :** 304 pages

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Summary : Free the everything low cholesterol book pdf download - lowering your high cholesterol involves more than just taking medication or trying to eat more healthfully what you need is a complete lifestyle overhaul in the everything low cholesterol book 2nd edition dr murdoc khaleghi outlines the changes that can mean the difference between life or death including how your cholesterol influences the likelihood of heart disease what dietary changes you can make to lower your cholesterol why some cholesterol is actually good how your family history of cholesterol can be a contributing factor the benefits of exercising at a moderate level this updated edition includes 100 heart-healthy recipes as well as expanded information on meal planning and exercise dr khaleghi puts the power to control your cholesterol back in your hands giving you all the tools you need to live a happy healthier life

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