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Cholesterol: The Essential Guide

By Sara Kirkham

Need2Know. Paperback. Book Condition: new. BRAND NEW, Cholesterol: The Essential Guide, Sara Kirkham, Cholesterol The Essential Guide is the ultimate guide to help you manage your cholesterol levels and reduce your risk of cardiovascular disease. Discover what you really need to do to decrease levels of oxidized cholesterol and maintain a healthy cardiovascular system using everyday foods and lifestyle adaptations. Learn how changing your carbohydrate intake may have more impact than adapting your fat intake, add phytosterols to your diet to reduce cholesterol, or simply follow the therapeutic eating plan for maximum results. Whether you want to know which foods to eat and which to avoid, or learn more about natural alternatives to cholesterol-lowering medication, this book provides the know-how. This book is an absolute must if you want to learn more about cholesterol what it is, what it does, how it can go wrong and how to put it right.



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