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Control Without  
Diet

# **Cholesterol Control Without Diet**

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## PDF Cholesterol

### Control Without

#### Diet

*Reduce LDL*

*Cholesterol*

*Naturally (IN*

*JUST 10 DAYS)!!!*

HOW TO LOWER

YOUR CHOLESTEROL

NATURALLY | 10

Simple Steps

Remove Bad

Cholesterol

Naturally \u0026

Reduce Clogged

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Arteries and  
Stroke |

Samyuktha

Diaries3 *Foods*

*to Help Lower*

*Cholesterol*

*Naturally Say*

*Goodbye*

*Cholesterol With*

*This 8 Foods*

*That Lower*

*Cholesterol*

~~Foods to Avoid~~

~~if You Have High~~

# Bookmark File PDF Cholesterol

~~Cholesterol~~

~~(Cholesterol~~

~~Fighting Foods)~~

Cholesterol

Diet: Foods That

You Should Eat |

Fit Tak The Most

~~Powerful Foods~~

~~That Will Lower~~

~~Your Cholesterol~~

~~(Quickly,~~

~~Safely, \u0026~~

~~Naturally)~~

~~Life's Simple 7:~~



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## PDF Cholesterol

### ~~Control~~ Without

### ~~Cholesterol~~

### ~~Diet~~

Cholesterol |

How To Lower

Cholesterol |

How To Reduce

Cholesterol Top

*10 Foods to*

*Lower*

*Cholesterol*

Cholesterol

Lowering Foods |

Top 25 Foods To

Eat To Lower Bad

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## PDF Cholesterol

### Cholesterol

(LDL) How I

*Reversed 20*

*years of*

*Arterial Plaque*

*7 Common Signs*

*of High*

*Cholesterol You*

*Should Not*

*Ignore? 5 Worst*

*High Cholesterol*

*Foods You Must*

*Avoid*

*[Clinically*

*Page 10/108*

# Bookmark File PDF Cholesterol

*Control] - by Dr  
Sam Robbins*

---

10 Foods That  
Lower Your  
Cholesterol -  
Best Foods to  
Lower  
Cholesterol Fast  
*How to Lower  
Cholesterol  
Naturally in 4  
Steps | Dr. Josh  
Axe* ~~???? 3 ????~~  
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~~?? ???? ?? ?????~~

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~~Cholesterol~~

~~Treatment at~~

~~Home — Artery~~

~~Cleanser Remedy~~

15 Foods That

Reduce Your

Heart Attack

Risk According

to Doctors

---

The Miracle Home

Healing Foods to

Lower Bad

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Cholesterol - Dr  
Alan Mandell,  
D.C. *Top 12 Chole  
sterol-Lowering  
Foods* ~~Does Keto  
Raise  
Cholesterol?~~

Just 3

Ingredients Will

Unclog Your

Arteries Without

Medication and

Reduce

Cholesterol Fast

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How to Lower  
Cholesterol  
Without Meds -  
My Blood Results  
As 20+ Yr Vegan

*Home remedies  
for cholesterol  
in tamil/Cholest  
erol control  
foods in tamil/c  
holesterol foods  
#doctor*

Cholesterol:  
Best Foods To

# Bookmark File PDF Cholesterol

Control Your

Numbers How I

lowered my  
cholesterol

without ANY

drugs! ~~Keto and~~

~~Cholesterol~~

*Control*

*cholesterol with  
diet and*

*exercise in*

*Hindi | How to*

*Reduce Bad*

*Cholesterol*

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Naturally/Without

Cholesterol

Control Without  
Diet

Buy Cholesterol  
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Niacin Solution  
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William B.

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Cholesterol  
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Diet!: The  
Niacin Solution

...

NIACIN: Reduces  
total and bad  
cholesterol,

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## PDF Cholesterol

Control Without  
Diet

increases good  
cholesterol,  
reduces  
triglycerides,  
lowers Lp(a),  
the heart attack  
cholesterol,  
Favorably  
changes  
subfractions of  
bad and good  
cholesterol,  
INEXPENSIVELY and  
without diet! Do

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diet, exercise,  
or the  
advertised  
statin drugs do  
all this? NO!  
Niacin has a  
50-year safety  
record.

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Cholesterol  
Control Without  
Diet!: The  
Niacin Solution

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### Control Without

Eating foods  
rich in

polyunsaturated  
fats can reduce  
LDL cholesterol.  
Polyunsaturated  
fats include  
omega-3 and  
omega-6 fatty  
acids. Consuming  
these fats in  
moderation can  
reduce LDL

# Bookmark File PDF Cholesterol cholesterol... Control Without Diet

---

How to lower  
cholesterol  
naturally  
without  
medication  
Foods high in  
saturated fat  
include: oily  
fish - such as  
mackerel and  
salmon. nuts -

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## PDF Cholesterol

Control Without

Diet  
such as almonds  
and cashews.

seeds - such as  
sunflower and  
pumpkin seeds.

avocados.

vegetable oils  
and spreads -  
such as rapeseed  
or vegetable  
oil, sunflower,  
olive, corn and  
walnut oils.

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### Control Without

Lower your  
cholesterol -  
NHS

Eat foods rich  
in omega-3 fatty  
acids. Omega-3  
fatty acids  
don't affect LDL  
cholesterol. But  
they have other  
heart-healthy  
benefits,  
including

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## PDF Cholesterol

reducing blood pressure. Foods with omega-3 fatty acids include salmon, mackerel, herring, walnuts and flaxseeds.

---

Top 5 lifestyle changes to improve your cholesterol -



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Mayo ... Without

10 Best Foods

That Lower Your  
Cholesterol

Without

Medication Oats.

Getting 5 to 10  
grams of soluble  
fiber daily

could help lower  
LDL cholesterol

(the "bad"  
cholesterol that  
can... Fatty

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## PDF Cholesterol

fish. Aim to eat at least two 3.5-ounce servings of fatty fish like salmon, mackerel, tuna, trout, or herring ...

---

10 Best Foods to Eat to Lower Cholesterol

*Page 26/108*

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Naturally Without

Cholesterol

Control Without

Diet TEXT #1 :

Introduction

Cholesterol

Control Without

Diet By Leo

Tolstoy - Jul

23, 2020 Free

Book Cholesterol

Control Without

Diet , niacin

reduces total

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PDF Cholesterol  
and bad Without  
cholesterol  
Diet  
increases good  
cholesterol  
reduces  
triglycerides  
lowers lpa the  
heart attack  
cholesterol  
favorably  
changes  
subfractions of  
bad and good ...

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### Control Without

Cholesterol  
Diet  
Control Without  
Diet - bengreq.c  
layroof.co.uk  
Beans and  
legumes  
especially  
bengal grams,  
winged beans,  
kidney beans,  
lupin beans, soy  
beans, chick  
peas, split

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Control Without

beans, mungo

beans, yardlong

beans, white

beans, broad

beans are one of

the best foods

that are capable

to control

cholesterol

effectively and

naturally as

they are highly

rich in dietary

fibres that help

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## PDF Cholesterol

### Control Without Diet

decrease  
cholesterol  
levels

effectively and  
 fend off blood  
 sugar levels  
 from elevating  
 too rapidly  
 after having a  
 meal.

---

50 Foods to  
Control

*Page 31/108*

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## PDF Cholesterol

Cholesterol Without

Naturally

Adjusting Your  
Lifestyle 1.

Quit smoking.

Quitting smoking  
can benefit your  
cholesterol

levels, lower  
your blood

pressure, and  
reduce your...

2. Limit your  
alcohol



# Bookmark File PDF Cholesterol Control Without

Alcohol is  
generally high  
in calories and  
drinking too  
much of it can  
make you gain...  
3. Talk to your  
doctor before  
...

---

How to Control  
Cholesterol

*Page 33/108*

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## PDF Cholesterol

Control Without  
Diet  
Without Statins:

13 Steps

NIACIN: Reduces  
total and bad  
cholesterol,  
increases good  
cholesterol,  
reduces  
triglycerides,  
lowers Lp(a),  
the heart attack  
cholesterol,  
Favorably  
changes

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subfractions of  
bad and good  
cholesterol,  
INEXPENSIVELY and  
without diet! Do  
diet, exercise,  
or the  
advertised  
statin drugs do  
all this?

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Cholesterol  
Control Without

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Diet!: William  
B. Parsons Jr

Diet

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Avoid

ingredients that  
increase LDL

cholesterol,

like trans fats  
and added

sugars, to keep  
cholesterol in  
healthy ranges.

Bookmark File  
PDF Cholesterol  
Control foods  
and supplements  
like green tea,  
soy, niacin,  
psyllium husk...

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10 Tips to Lower  
Cholesterol With  
Your Diet

The bad  
cholesterol that  
builds up in  
arteries is one

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of the main risk factors for cardiovascular diseases. Though the problem can unfold without showing any symptoms, failing to control it can lead to serious consequences.



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Control Your Bad  
Cholesterol

Levels with a  
Healthy Diet

Cholesterol

Control Without

Diet TEXT #1 :

Introduction

Cholesterol

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Diet By Dr.

Seuss - Jul 12,

2020 # Read

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Diet #, niacin  
reduces total  
and bad

cholesterol  
increases good  
cholesterol  
reduces

triglycerides  
lowers lpa the  
heart attack

cholesterol  
favorably  
changes

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### subfractions of bad and good ...

#### Diet

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reduces total

and bad

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increases good

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### Control Without

reduces  
triglycerides  
lowers lpa the  
heart attack

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Jul 23, 2020

Contributor By :  
Robert Ludlum  
Media ...

The foods people  
typically eat  
with eggs, such

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Diet

as bacon, sausage and ham, may do more to boost heart disease risk than eggs do. Plus, the way eggs and other foods are cooked – especially if fried in oil or butter – may play more of a role in the

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Diet  
increased risk  
of heart disease  
than eggs  
themselves do.

New, Updated,  
Enlarged Edition  
of this Best-  
Selling guide on  
using niacin for  
cholesterol  
control Niacin

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Diet  
with medical  
supervision,  
DOES EVERYTHING  
RIGHT for the  
profile of  
cholesterol and  
other lipids,  
preventing heart  
attacks,  
strokes, and  
deaths. NIACIN:  
Reduces total  
and bad  
cholesterol,



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increases good  
cholesterol,  
reduces  
triglycerides,  
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"the heart  
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Favorably  
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subfractions of  
bad and good  
cholesterol,  
INEXPENSIVELY and

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without diet! Do  
diet, exercise,  
or the  
advertised  
statin drugs do  
all this? NO!  
Niacin has a  
50-year safety  
record. The  
statin drugs  
have caused  
hundreds of  
deaths in the  
US, which the

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FDA refuses to tally and give the information to the medical profession and the public.

Take control of your cholesterol with this 10-point plan from nutrition and fitness expert Dr. Janet

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Brill—without  
using drugs. If  
you are one of  
the nearly 100  
million  
Americans  
struggling with  
high  
cholesterol,  
then Dr. Janet  
Brill offers you  
a revolutionary  
new plan for  
taking control

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of your health—without the risks of statin drugs.

With Dr. Brill's breakthrough Cholesterol Down Plan, you simply add nine

"miracle foods" to your regular diet and thirty minutes of walking to your

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Diet  
daily routine.

That's all. This straightforward and easy-to-follow program can lower your LDL ("bad") cholesterol by as much as 47 percent in just four weeks.

Cholesterol Down explains Dr. Brill's ten-

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well as the

science behind

it. You'll learn

how each miracle

food affects LDL

cholesterol and

how the foods

work together

for maximum

effect, as well

as: • How eating

whole grains

helps reduce LDL

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cholesterol in  
your bloodstream

- Why

antioxidants

keep plaque from  
building up in  
your arteries •

How certain  
steps change the  
structure of LDL  
cholesterol  
particles (and  
why it's best  
for them to be



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large and fluffy) • Why walking just thirty minutes a day lowers "bad" cholesterol and cuts dangerous belly fat With everything you need to stay focused on the plan, including a daily checklist, a six-

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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

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effective alternative or  
Diet complement to  
statin drugs.

The DASH Diet  
Action Plan is  
the user-  
friendly  
teaching guide  
to the DASH  
diet. Initially,  
many people find  
it difficult to

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Control the DASH diet. This book makes it simple to understand and put into practice. The book makes it easy to lose weight with the DASH diet, and it has realistic ways to add exercise.

Although the

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book was not intended to be an aggressive weight loss book, people are writing to say that they have surprised themselves by finding it easy to lose weight following the plan! Many people find the

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DASH diet to be hard to implement and sustain in a hectic lifestyle. The average American gets 2 - 3 servings of fruits and vegetables combined each day, so following the

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DASH diet may seem daunting.

The DASH Diet Action Plan book is designed to help you with more than just "what" is involved with the DASH diet, it also shows you "how." How to follow the DASH diet in

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Diet

restaurants, how  
to lose weight,  
how to make over  
your kitchen to  
make it easy to  
follow your  
plan, how to fit  
in exercise, how  
to reduce salt  
intake, how to  
add vegetables  
even if you  
"hate"  
vegetables. And



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the book helps you make your own personal plan with specific steps you will take to fit the DASH diet into your daily routine. Our readers say that this is the best DASH diet book! Your step-by-step plan

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will include:  
setting your  
goals for blood  
pressure and  
cholesterol,  
determining the  
calorie-level  
you need for  
maintenance or  
weight loss,  
developing meal  
plans,  
developing a  
realistic

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exercise plan,  
adjusting the  
DASH diet to  
accommodate  
other health  
problems,  
choosing the key  
DASH diet foods,  
reading food  
labels, and  
learning how to  
incorporate more  
vegetables in  
your diet, and

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Control Without  
Diet

setting up your  
kitchen to make  
it easy to stay

on track. This  
book was written  
by a registered  
dietitian who is  
experienced in  
helping people  
make sustainable  
behavior

changes, and  
make healthy  
eating part of

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their real lives. She knows that people need flexibility and options to choose different approaches, since not everyone has the time or the interest in cooking or making drastic changes in how

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Control Without

they eat. The  
book

Diet  
incorporates  
tools that will  
help you plan  
the specific  
steps you will  
take to adopt  
the DASH diet.

Research shows  
that people who  
make concrete  
plans are more  
likely to be

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Control Without  
Diet  
successful with  
adopting new  
health behavior.  
This should  
improve your  
ability to lower  
your blood  
pressure (and  
cholesterol),  
without  
medication.

Eating for a  
healthy heart

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Control Without  
Diet  
means reducing  
saturated fat  
and cholesterol,  
and the recipes  
in this book  
have been  
specially  
created to  
provide a  
wonderful range  
of dishes for  
everyday eating.

From the experts

*Page 72/108*



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Control Without

Diet  
at one of the  
world's most  
respected

medical

schools--your

complete guide

to managing

cholesterol and

staying healthy

for life

Everybody knows

that high

cholesterol is

something to be

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Control Without

Diet  
concerned about.  
But what does it  
really mean when

your doctor  
tells you that  
your cholesterol  
levels are high,  
and what should  
you do about it?

If you're  
worried about  
your

cholesterol,  
here's your

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Control Without  
Diet

chance to get  
the answers you  
need from a top  
expert at the  
Harvard Medical  
School. As  
founder and  
chief of the  
prestigious  
Lipid Metabolism  
Unit at  
Massachusetts  
General  
Hospital, Dr.

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Mason W. Freeman  
treats hundreds  
of patients each  
year and  
oversees  
breakthrough  
cholesterol  
research. In The  
Harvard Medical  
School Guide to  
Lowering Your  
Cholesterol he  
explains: What  
cholesterol is

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### and the Without

#### Diet

##### difference

between "good"  
and "bad"

cholesterol How  
to assess your  
risk for high  
cholesterol How  
to work with  
your doctor to  
develop the best  
treatment plan  
for you Choleste  
rol-lowering

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Control Without  
Diet  
drugs--who  
should take  
them, what to  
look out for,  
and how to be  
sure your doctor  
is monitoring  
you properly How  
to manage your  
cholesterol  
through diet and  
exercise The  
latest  
scientific

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findings on  
alternative  
therapies About  
the Harvard  
Medical School  
health guide  
series Each book  
from Harvard  
Medical School  
gives you the  
knowledge you  
need to  
understand and  
take control of

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your health. In every book, a world-renowned expert from Harvard Medical School provides you with the latest information on diagnosis, traditional and alternative treatments, home remedies, and



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lifestyle Without  
changes that can  
make a powerful  
difference in  
your health.

Heart disease is  
America's number-  
one killer. The  
correlation  
between high  
cholesterol  
levels and heart  
disease is

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Control, Without  
Diet

proven., but the number of people struggling with high cholesterol grows annually, and new national guidelines for healthy cholesterol levels recently became more stringent.

Eating for Lower Cholesterol

# Bookmark File PDF Cholesterol

Control Without  
Diet  
offers cutting-edge information on cholesterol to help people lower their cholesterol levels and reduce their risk of heart disease. Doctors advise millions of people with high cholesterol, on

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Control Without  
Diet  
medications or  
not, to follow c  
holesterol-  
lowering diets.

Yet patients  
often don't know  
what cholesterol  
is, where it  
comes from, or  
how to lower it  
through diet.

This book's  
Introduction  
clearly explains

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cholesterol and  
how it relates  
to heart  
disease, what  
your "numbers"  
mean, factors  
that raise  
cholesterol  
levels,  
cholesterol in  
women and  
children, and  
other important  
issues. A Stay

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Balanced Scale, designed by a leading nutritionist, helps people take control of their diets without ever feeling deprived. More than 100 text boxes offer tips on the latest research

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findings, health  
claims,  
shopping,  
cooking, dining  
out, meal  
planning, food  
products, fast  
food dangers,  
and much more  
practical,  
essential  
information.  
More than 100  
recipes are

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Control Without  
Diet  
guaranteed to  
please everyone,  
which makes  
eating for lower  
cholesterol  
easier and  
tastier than  
ever.

Need to get your  
cholesterol in  
check? You'll  
find the latest  
information



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including  
treatments, drug  
information, and  
dietary advice,  
in Controlling  
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Edition, an easy-  
to-understand  
guide to  
cholesterol  
control. You'll

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learn how to  
lower your  
numbers and  
maintain healthy  
cholesterol  
levels. You'll  
also find out  
how to eat and  
exercise  
properly, use  
vitamins and  
supplements, and  
quit unhealthy  
habits. You'll

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find out  
cholesterol's  
positive  
functions and  
why too much can  
be a bad thing.  
You can also  
assess your  
cholesterol risk  
by taking your  
age, sex,  
ethnicity, and  
family history  
into

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### Consideration.

Find out what you need to ask your doctor about stress tests, ECBT, and angiograms to check for plaque buildup. Design a cholesterol-crushing diet and understand which foods can help you lower

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Control Without  
your numbers.

Find out how  
smoking,  
alcohol,  
exercise, excess  
weight,  
supplements, and  
prescription  
medications  
affect your  
cholesterol  
levels. Find out  
how to: Assess  
your cholesterol

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## PDF Cholesterol

Control Without  
Diet

Understand the benefits and risks associated with cholesterol  
Design and  
adhere to a cholesterol-lowering diet  
Avoid  
dangerous drugs  
Reduce your risk of heart attack  
Choose fats and fibers correctly  
Check for plaque

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Control Without  
Diet  
buildup Complete  
with lists of  
ten important  
cholesterol  
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cholesterol  
myths, ten  
landmarks in  
cholesterol  
history, ten  
foods that raise  
your

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cholesterol, and  
ten foods that  
lower your  
cholesterol,  
Controlling  
Cholesterol For  
Dummies, 2nd  
Edition will  
help keep your  
cholesterol  
levels under  
control for  
good!



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In the UK, 7 out of 10 people over the age of 45 have high cholesterol levels (Bupa 2007). Although there are no clear symptoms, high cholesterol levels have been associated with heart disease and stroke - two

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of Britain's  
biggest killers.

There are  
several factors  
that can cause  
high  
cholesterol; an  
unhealthy diet,  
being overweight  
and a lack of  
exercise are  
three of the  
main contenders.  
As a result,

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Diet

Some of the best ways to control and reduce cholesterol levels are losing weight, eating a heart-healthy diet and taking regular exercise.

Although eating healthily may sound simple, it's often

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difficult to know which foods to avoid when trying to lower cholesterol.

Fully adapted for the UK market, Low-Cholesterol Cookbook For Dummies reveals which food you should eat and helps readers

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make small  
changes to their  
diet to achieve  
big results. Low-  
Cholesterol  
Cookbook For  
Dummies  
includes: The  
latest dietary  
and medical  
information on  
cholesterol and  
how to control  
it Over 90

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delicious recipes as well  
Diet as low fat  
cooking  
techniques and  
ways to lower  
cholesterol on a  
daily basis  
Sensible advice  
on finding the  
right foods when  
shopping,  
planning menus,  
and adapting

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### Control Without

recipes to suit  
family and  
friends.

A cardiologist  
furnishes a  
clear and  
informative  
explanation of  
blood  
cholesterol  
levels, the  
cause and impact  
on the human

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body of high cholesterol, and ways to reduce or lower cholesterol levels, looking at the pros and cons of a variety of approaches, including natural remedies, medications,



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holistic Without  
techniques, and  
Diet more. Original.  
15,000 first  
printing.

If you have been  
having issues  
with excessive  
fat, obesity,  
diabetes etc. I  
am going to show  
you a great  
solution in

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which you can do  
improve yourself  
through the food  
you eat. The  
health of our  
body systems is  
so dependent on  
the food we eat  
and so is our  
health and  
wellbeing  
too. Plant-based  
diet is known to  
have many

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benefits to us;  
from weight loss  
to reversing  
some health  
conditions and  
many more as you  
will find in  
this book. If  
you are thinking  
of living a  
happy healthy  
life, consider  
switching to a  
plant-based

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lifestyle and  
you will always  
be happy for  
that decision.

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