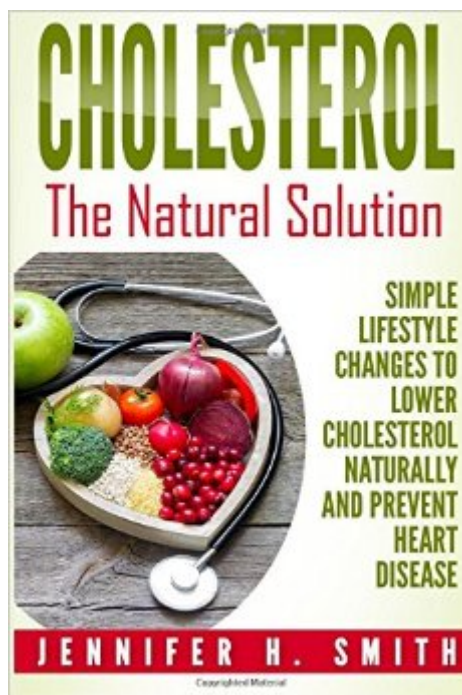


The book was found

# Cholesterol: The Natural Solution: Simple Lifestyle Changes To Lower Cholesterol Naturally And Prevent Heart Disease (Lowering Cholesterol) (Volume 1)



## Synopsis

**Cholesterol: The Natural Solution** High cholesterol is a silent killer that puts you at risk for life-threatening diseases, such as heart attack and stroke. Whether you have just been diagnosed with high cholesterol, have been struggling with it for some time and are looking for new ideas to manage the condition, or have a family history of high cholesterol and want to reduce the risk, this book is the perfect solution for you. Medical treatment for high cholesterol may not address the actual causes of your high cholesterol or provide a long-term solution. With this book, you will develop a comprehensive understanding of the disease and learn how to lower cholesterol naturally. By reading this book you will learn:

- The risk factors, causes and diseases related to high cholesterol
- Simple lifestyle changes to lower LDL (the bad cholesterol) and increase HDL (the good cholesterol)
- Cholesterol-lowering diet plans
- A new shopping list and cooking tips
- Home remedies to reduce cholesterol

And much more! Don't wait for the devastating complications that come with high cholesterol to come knocking on your door. This book will help you regain control of your health and help you start lowering cholesterol for good. Order your copy of **Cholesterol: The Natural Solution** now! ---- TAGS: cholesterol lowering diet, cholesterol down, low cholesterol diet, cholesterol diet, cholesterol books, lower cholesterol, lowering cholesterol, cholesterol myth

## Book Information

Series: Lowering Cholesterol

Paperback: 56 pages

Publisher: CreateSpace Independent Publishing Platform (July 19, 2016)

Language: English

ISBN-10: 1535356197

ISBN-13: 978-1535356190

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #257,803 in Books (See Top 100 in Books) #174 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#)

## Customer Reviews

This is a good reading for people who are diagnosed with high cholesterol. It is even more valuable for those who want to prevent this diagnose. Here you will find complete guide of what to eat, what

not to eat, helpful exercises and tons of other valuable information that will help you to prevent the disease. The book is written in easy and understandable language without many high tech medical terms, so it is really pleasure to read and implement. Thank you for the good book.

This book is a real eye opener regarding how we are abusing our bodies and how we can live healthier! The book provides extensive information about how to make healthier food choices and what not to eat in order to lower bad cholesterol. Moreover, useful herbal remedies and easy exercises to reduce cholesterol level makes this book a complete guide, not only for those who have high cholesterol problems, but also for those who want to prevent this disease. It was a really interesting reading, I knew so many new facts and useful information!

High cholesterol is a silent killer and puts you at risk anytime. However, this book will help us achieve healthy goals. This book is very comprehensive which obtains beneficial life-style changes, preventive measures and healthy diet plans. I would like to recommend this book to my family who are really prone to high cholesterol level risk.

I gained much valuable information and clarification from this guide as it was clear and concise. I was living a not so good lifestyle before and having this book as my buddy now, it will surely help me change for the better and gave me useful tips to lower my cholesterol. Thanks!

Thorough book. A fairly complete guide on how to lower cholesterol by teaching most importantly the foods to eat, foods not to eat, and the proper exercise routine. The diet is of course the most crucial and can have the biggest impact on your results. Informative ebook, thanks for the details.

[Download to continue reading...](#)

Cholesterol: Cholesterol Lowering Guide To How To Lower Cholesterol Naturally And Reduce High Cholesterol With Cholesterol Lowering Strategies To Lower ... Lower Cholesterol (Coronary Heart Disease) Cholesterol: The Natural Solution: Simple Lifestyle Changes to Lower Cholesterol Naturally and Prevent Heart Disease (Lowering Cholesterol) (Volume 1) Cholesterol: The Great Cholesterol Hoax: Why Cholesterol Lowering Drugs Won't Help You Live One Day Longer And Drug Companies Know It (Cholesterol diet, ... Cholesterol lowering foods, heart disease) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice High Blood Pressure Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart

Disease Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) The Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin Free Plan and Diet that Will The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will Natural Remedies For Colds And Flu: How To Boost Your Immune System, Protect Yourself Naturally and Prevent Colds and Influenza with Herbal Remedies and Easy Lifestyle Changes Diabetes: How to Lower Blood Sugar Naturally Without Drugs in 4 Weeks: (Diabetes, Lower Blood Sugar, Zero Sugar, Natural Remedies) DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer Healing Hepatitis and Liver Disease Naturally: Detoxification. Liver gall bladder flush & Cleanse. Cure Hepatitis C and Hepatitis B. Lower blood cholesterol and stop cirrhosis NO More Heart Disease: How Nitric Oxide Can Prevent--Even Reverse--Heart Disease and Strokes American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th edition: Delicious Recipes to Help Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol (Random House Large Print Nonfiction) American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Cholesterol: Cure for beginners - (NEW EDITION - UPDATED & EXPANDED) Understanding, Treating and Preventing High-Cholesterol (Cholesterol Cure Books - Cholesterol Treatment Book 1) Cure Gum Disease Naturally: Heal and Prevent Periodontal Disease and Gingivitis with Whole Foods

[Dmca](#)