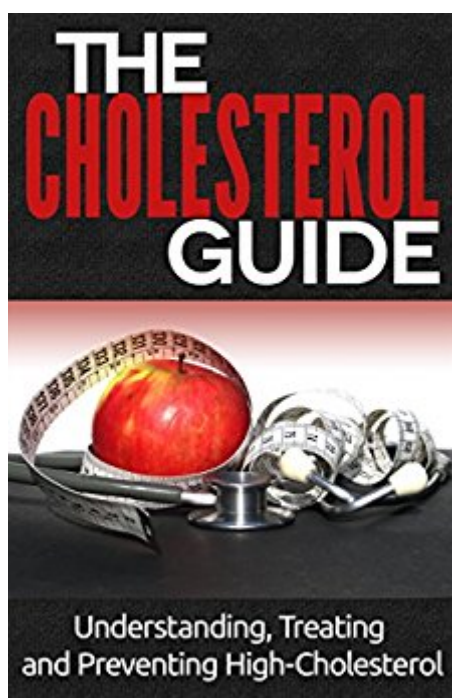


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# **Cholesterol: Cure For Beginners - (NEW EDITION - UPDATED & EXPANDED) Understanding, Treating And Preventing High-Cholesterol (Cholesterol Cure Books - Cholesterol Treatment Book 1)**



## Synopsis

Alarmed by your cholesterol rate? Or simply curious and health-conscious? This short guide will teach you the basics about cholesterol, its causes, symptoms and possible treatments. 2nd EDITION - UPDATED & EXPANDED Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

**Cholesterol.** It sounds like such a dirty word, but in the right amounts, cholesterol helps your body function. Unfortunately, your genes and your diet may leave you with way more than your system can handle. When there is too much cholesterol in your blood, it builds up in your arteries and can eventually cut off the blood supply to your heart. The higher your cholesterol, the greater your chances are of developing heart disease. Even if you do have high cholesterol, it is largely manageable through lifestyle behaviors, such as a heart-healthy diet, not smoking, regular exercise and stress reduction. This book is about understanding Cholesterol's basics, roots and causes. It will help you better understand this disease and start helping your friends or family who suffer from High Cholesterol. After downloading this book you will learn..

- An Overview of Cholesterol
- What is Cholesterol Exactly?
- Misconceptions about Cholesterol
- Symptoms and Complications of High Cholesterol
- Detecting and Treating High Cholesterol
- Preventing and Treating High-Cholesterol through Changing One's Diet
- And Much, much more!

Read what other people have to say "What a great read, I have been struggling with this for a long time and it's wonderful to have something like this to help me. I finally have my cholesterol under control and it's all thanks to this valuable book. The author wrote everything out so clearly and made the entire book easy-to-follow. I would give this a try if you are like me and battling with high-cholesterol or even if you just want to prevent it. This is a quality resource and you'll be thankful to have it at your fingertips!" - David - "My family has always had bad cholesterol and as long as I can remember I have always had mine slightly too high as well which is why when I saw this book I figured now is a good a time as any to understand this thing." - Monica G.

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**Start Lowering Your Cholesterol Rate Today!**

Tags: cholesterol diet; cholesterol solution; cholesterol clarity; cholesterol; cholesterol myth; cholesterol down; cholesterol cure; cholesterol treatment; cholesterol recovery; high cholesterol; high cholesterol foods; high cholesterol diets; lower cholesterol naturally; lower cholesterol without drugs; lower cholesterol cookbook; lower cholesterol diet; heart disease prevention; low cholesterol; low cholesterol; heart disease memoirs; heart disease cure; heart disease books; lower your cholesterol naturally; low cholesterol diet; low cholesterol recipes; low cholesterol meal plans; low cholesterol cooking; low cholesterol tips; high

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## **Book Information**

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## **Customer Reviews**

What a great read, I have been struggling with this for a long time and it's wonderful to have something like this to help me. I finally have my cholesterol under control and it's all thanks to this valuable book. I love how the author wrote everything out so clearly and made the entire book easy-to-follow. This is one of the only products out there that has allowed me to keep my cholesterol in a healthy zone and it will stay there for now on. I would give this a try if you are like me and battling with high-cholesterol or even if you just want to prevent it. This is a quality resource and you'll be thankful to have it at your fingertips!

This is a book that centers and revolves around the issue of cholesterol. It doesn't just immediately dive in and tell you that you've already begun avoiding certain death by coronary attack by having purchased this book, but rather starts off with a breakdown and solid definition of what cholesterol actually is, why it's a problem, and some pretty awful statistics. It also explains how there are 2 kinds of cholesterol (which I admit I didn't know), what leads to cholesterol issues, and misconceptions (which I liked). There's more obviously to the book, but if you are at all concerned about cholesterol, but are not at the point you think you should go to the doctor but just want some more information, then this would be a good place to start.

Exactly. Heart disease has become a culprit in the lives of many. And link to that is cholesterol. The book has opened misconceptions that now I fully understand. I love dairy products, and this is such a wake-up call for me to start avoiding it. I also consider genetics because my father has a history. I am quite thankful though on what the book is revealing from a research that records show that women generally have higher level of good cholesterol. There are so much reminders I find in this book. Completely satisfied!

This was an important book that has greatly contributed to my understanding of cholesterol and how it affects health in general. It was well explained and with a very broad range of details about it covered here and how it affects the body. Glad I could find this, and I will definitely make sure to implement my new knowledge about it as soon as possible in my life. Highly recommended.

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