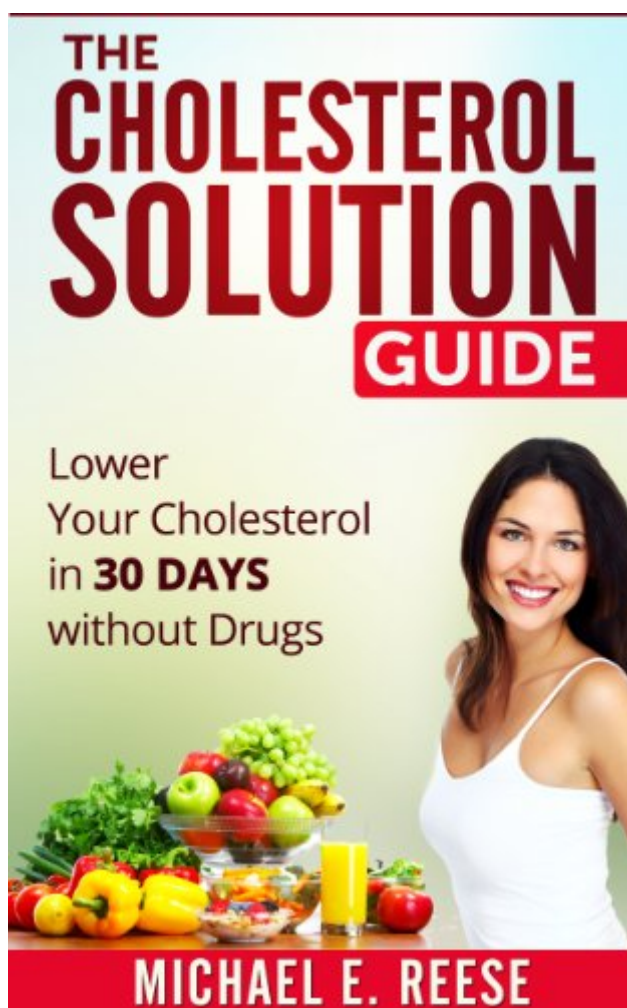


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# The Cholesterol Solution Guide: Lower Your Cholesterol In 30 Days Without Drugs



## Synopsis

Discover How Easy It Is To Lower Your Cholesterol in 30 DAYS This book will tell you what cholesterol is, its signs, symptoms, causes, and types, so that you will be aware of the need to reduce your LDL or bad cholesterol levels and increase the HDL or good cholesterol levels. This book contains proven steps and strategies on how to lower your cholesterol the natural way in just 30 days. Here Is A Preview Of What You'll Learn... What is Cholesterol? Symptoms and Effects of High Cholesterol What Causes High Cholesterol? Cholesterol-Lowering Foods Home Remedies to Lower Cholesterol Lowering Cholesterol with Fiber Oatmeal for Cholesterol Barley and Cholesterol Red Yeast Rice for Cholesterol Reduction Eggplant and Cholesterol Cinnamon and Cholesterol Garlic and Cholesterol Apple Cider Vinegar and Cholesterol Red Wine and Cholesterol Cranberry and Cholesterol Lemon Juice and Cholesterol Juice Drinks for Lowering Cholesterol Goat's Milk and Cholesterol Herbal Remedies for Cholesterol Vitamins and Cholesterol Exercise and Cholesterol Download Your Copy Today! Tags: cholesterol, cholesterol kindle, cholesterol health, cholesterol diet, cholesterol recipes, cholesterol books, lower cholesterol, lower your cholesterol, how to lower cholesterol, cholesterol lowering, cholesterol diet plan, cholesterol treatment, cholesterol levels, cholesterol reducing, cholesterol solutions, cholesterol relief, cholesterol down

## Book Information

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## Customer Reviews

I love the list of of cholesterol lowering foods such as cinnamon and apple cider vinegar. I take apple cider vinegar for weight loss and usually raw without mixing it with anything. It's good to know that I'm also lowering my cholesterol as well. This is very strong and informative read and worth every one of the 5 stars. This book is very comprehensive and an excellent read.

This is literally the only book you need to buy on cholesterol and after reading through it. I didn't have question not answered after going through this book. It tells you the signs how to read your cholesterol and everything in between. It goes through the correct foods to eat, what not to eat, supplements, exercises and everything else. It is almost impossible to not improve your cholesterol after reading this book. I always suggest getting medical advice from a professional but if you read this book especially early on you might never get to that point. A great read.

My younger brother of age 15 suffers from high cholesterol problems. Since he is too young to take high potency drugs, my mom asked me to search online for ideas to lower the cholesterol level without drugs. While searching, I saw this book. I told my mom and she too liked the title of the book. So we decided to order it. We found it amazing as it provides detailed information and guidelines about lowering cholesterol and that too in 30 days without drugs. Isn't it wonderful? We love the easy to follow steps and strategies provided in it. 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.

good, solid review along with very practical and healthful recommendations. Definitely worth reading, an alternative to prescription medications, in my opinion

Never knew there was good and bad cholesterol, this guide gave me some new insight and information on what it's all about. Easy to read and to the point, definitely a must have. Even if you're not having problems with your cholesterol I still highly recommend getting this very

informative guide.

My cholesterol level is always high and I want to lower it. I already reduced the rice I am eating but still nothing happened. I read this book and it taught me what the causes of high cholesterol are. This book imparted me with knowledge about the symptoms and effects of having a high cholesterol level. The guides in this book also taught me how to lower my cholesterol level and gave recipes that I need. Great book!

This book is packed with cholesterol lowering foods. You will find 18 plus chapters on simple foods to consume to lower cholesterol. I am an avid user of Apple Cider Vinegar, but I normally used it for weight loss. It was good to know the cholesterol benefits that ACV provides. I personally found the explanations as to how each food interacts within the body to lower the cholesterol very thorough and useful. This is not a some guide that has very thin information. There is value here and I suggest anyone who needs to lower their cholesterol to pick up a copy of this book.

Higher cholesterol level can cause different disease. One of the common and more fatal disease is the heart disease. It can lead to heart stroke. Learn how to lower your cholesterol level in just 30 days and be safe from these fatal diseases. This is one of the best cholesterol controlling guides. Recommended guide.

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