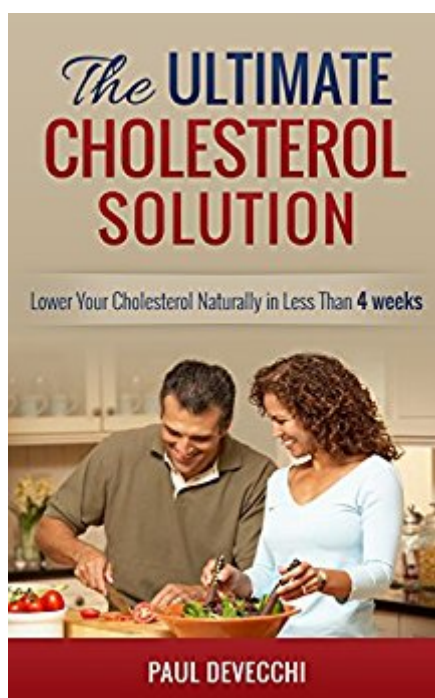


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# **Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan)**



## Synopsis

Cholesterol For Beginners: Discover Now How Easy It Is To Lower Your Cholesterol in Less Than 4 Weeks Without Drugs By Reading This Book You Will Learn How to Control Cholesterol With a 7-Day Meal Plan For a limited time only, get this eBook for just \$2.99. Regularly priced at \$3.99. Read on your PC, Mac, Smart phone, Tablet or Kindle device. \*\*\*Read Now for Free with Kindle Unlimited\*\*\*Cholesterol is a fatty substance which is not soluble in water and therefore isn't found normally in our blood being insoluble in it. They are transported through the bloodstream with lipoproteins which act as a carrier. Even if the bad cholesterol is naturally present within a human body, the concentration of this can increase exponentially by the food that we eat. Food which are high in cholesterol, saturates and trans fat are the major contributors to the increased HDL in our blood. Foods like red meat, liver meat, egg yolks, deep fried food, peanuts, food made with certain oils such as palm oil and coconut oil and chocolates. High cholesterol doesn't have specific symptoms and may be invisible unless you do regular cholesterol checks. The symptom for this is a stroke or a heart attack which may prove fatal the first time only. Therefore we need to keep cholesterol on check so that we don't suffer from these problems. The diet being the major contributor to the high cholesterol should be regulated so as to remain healthy. Here's a Sneak Peak of What You Will Learn After Downloading The Ultimate Cholesterol Solution BookWhat is Cholesterol?Causes & Effects of CholesterolHow to Lower Bad CholesterolDietary Guide7-Day Meal PlanRecipes Foods AllowedFoods That Should Be AvoidedMuch, much more!You'll Find The Following Main Benefits in The Ultimate Cholesterol Solution Book:=> Proven steps and strategies on how to lower your cholesterol in 4 weeks=> The navigation between the chapters has been made very easy. => The Ultimate Cholesterol Solution kindle book comes with Linked table of contents which gives you the possibility to jumping to your preferred chapter very easily by just clicking on the title.Take Action Right Away To Learn How To Lower Your Cholesterol in 4 Weeks.Download Today This Book, "The Ultimate Cholesterol Solution: How To Lower Your Cholesterol Naturally In Less Than 4 Weeks", for a limited time discount of only \$2.99! Download Your Copy Today!Stop Procrastinating And Start To Lower Your Cholesterol NOW!© 2015 All Rights Reserved

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## Customer Reviews

This is such a great book for anyone having a problem with high cholesterol. It really guides and helps you understand what is happening in your body and what you are doing to cause the high cholesterol. Then it provides you with a lot of solutions you can use to lower it. It covers everything from many different cholesterol lowering foods, to herb remedies, juice drinks, vitamins and exercise tips.

The author did a great job of sharing valuable information with readers. He discussed various ways to control cholesterol. He was very specific on the things to eat and not eat that can affect cholesterol levels. This book was very enlightening and informative. It's a great book that shares information on how to prevent having cholesterol problems later on in life. It contains great, accurate information.

As someone who has cholesterol, I found this guide to be very practical and helpful in reducing cholesterol. We really have to exercise, walk and eat healthy food in order to reduce cholesterol. The author did an amazing job. Highly recommend it

This book is just amazing! The information presented were very easy to understand and definitely fits what every reader is looking for - consistency of instructions and interesting topics. Will surely

recommend this book to my dad and his friends who are looking for ways to lower their cholesterol levels!

This book repeats mostly superficial advice from the past few decades, with absolutely no hint of authority, and no references. It is generally well-written and readable, but seems superficial, and repeats some disproved concepts and advice.

My father has a high cholesterol level. I do not want to be like him. That is why I bought this book. I liked this chapter. "Causes & Effects of Cholesterol" It explains the relationship of cholesterol with heredity, the choice of our food and our level of physical activity. This is an excellent book well structured .

I found this really help full for me. I have Cholesterol Problem for long time. My friend suggest me to to read that. After reading that book i found some Important tips to control my Cholesterol level. I recommend every one, who has been facing Cholesterol Issue. Great Writing! Keep the good work going...

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