



# **Cholesterol: Lowering and Controlling : 3 Week Plan, Handbook and Cookbook**

*Patricia T. Krimmel, Edward A. Krimmel*

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**FOR THOSE AT RISK** The information in this book is for you and your loved ones! Anyone, regardless of age, gender or ethnic background, can develop a high cholesterol level without even being aware of it. Are you one of the many individuals who has or is at risk for developing cardiovascular disease? This book:

- A. Enables you to understand and work more easily with your physician in lowering and controlling your cholesterol.
- B. Is a guide for having your cholesterol level checked and helping you understand the results.
- C. Enables you to be successful in lowering your cholesterol level, if necessary, in the easiest way and the shortest period of time.
- D. Helps you understand some basic information about your own body chemistry and its relationship to the foods you eat and their relationship to cholesterol.
- E. Explains the relationship of cholesterol to cardiovascular diseases.

Lowering your cholesterol level is a personal affair. Only through personal initiative, understanding your body chemistry and following a proper program can your cholesterol level be controlled. The information in this book is not for self diagnosing but does enable you to work more effectively with your doctor. Physicians do recommend this book.

Your heart, a muscle the size of your fist, beats about 100,000 times per day while pumping approximately 2,000 gallons of blood through 12,400 miles of blood vessels.

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On this era which is the greater person or who has ability in doing something more are more important than other. Do you want to become among it? It is just simple way to have that. What you must do is just spending your time not much but quite enough to get a look at some books. One of several books in the top listing in your reading list is usually Cholesterol: Lowering and Controlling : 3 Week Plan, Handbook and Cookbook. This book that is qualified as The Hungry Slopes can get you closer in growing to be precious person. By looking upward and review this guide you can get many advantages.

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