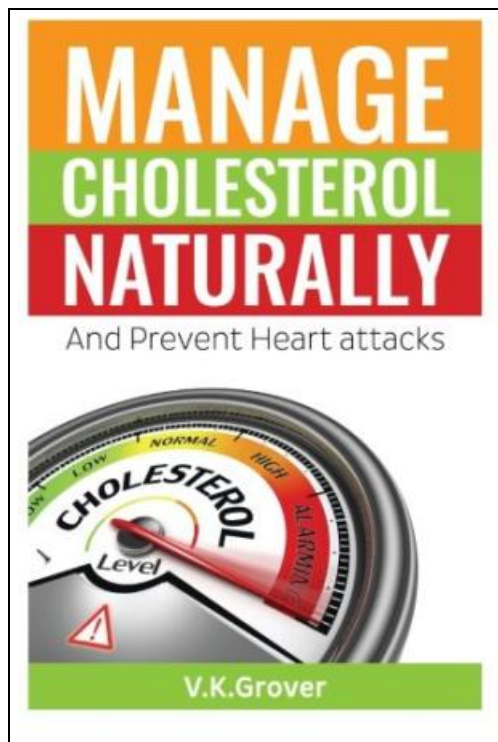


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MANAGE CHOLESTEROL NATURALLY AND PREVENT HEART ATTACKS (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.About 40 of people have high cholesterol, but many of them are unaware of the same. It is said that high cholesterol can lead to heart problem. Purpose of the book is to inform about the correct position of same. The book deals with methods of controlling the LDL naturally, increasing HDL and avoid the side effects of medicines. Heart Disease is the second cause of death in America. The ideas in this book will help you lower your cholesterol and prevent Heart Attacks. Use and apply all the tips and advice that you find useful for controlling your Cholesterol and prevent Heart Attacks. Several things may contribute to high cholesterol, and several things can help lower it. The steps that must be taken vary with each person. This book simply gives you the tools you need to develop your own program for a healthy cholesterol level. Please be advised that the advice and tips contained here are for help to manage your Cholesterol. The information within this book is intended as reference materials only and not as medical or professional advice. Information contained herein is intended to give you the tools to make informed decisions about your lifestyle and health. It should not be used as a substitute for any treatment that has been prescribed or recommended by your doctor. The information presented herein represents the views of the author. I hope that this book will help the readers to remain healthy and disease free. I shall be very happy if suggestions and methods given can help you in management of Cholesterol and prevention of Heart Attack. The books gives methods to find the chances of hear attack in 10 years....



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