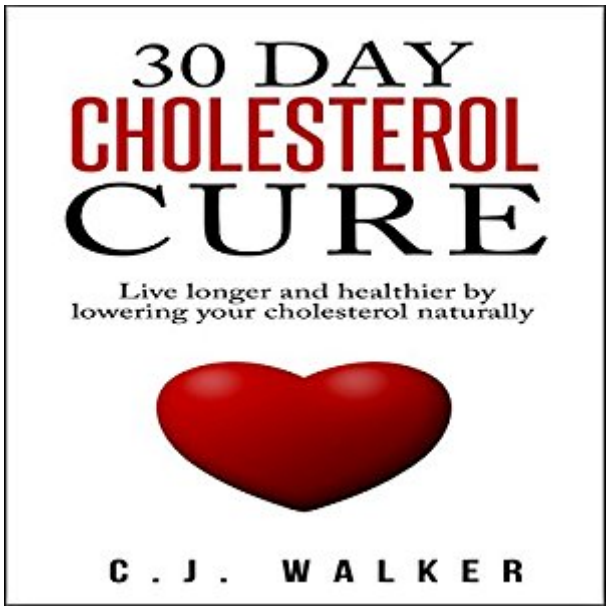
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30 Day Cholesterol Cure: Live Longer And Healthier By Lowering Your Cholesterol Naturally



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Synopsis

If you’re one of over 100 million people in America that struggle with high cholesterol then I have good news for you! You about to learn step-by-step how to... ....Live longer and healthier by lowering your cholesterol naturally. If you can follow a set of simple instructions you can lower your cholesterol naturally without the use of statin drugs. Download this simple step-by-step guide now to get started! Are you worried about taking statin drugs? Pharmaceutical drugs often have side effects that can compromise other aspects of your health and eventually leave you worse off than when you started. You can learn a better way inside of this book! Here is a preview of what you will learn.... Address the solution benefits and list the main benefits What the heck is cholesterol anyway? Is cholesterol really bad? How to test your cholesterol How to fix cholesterol without dangerous statin drugs The "high cholesterol diet" The best high cholesterol supplements The best high cholesterol herbsThe best exercise program for high cholesterol And much much more... Just follow the simple step-by-step instructions. A lot of audiobooks give you a bunch of information about 1,000 things that could help your cholesterol, but the truth is it’s not "usable" information. If you don’t know how to incorporate what you learn into your life than it’s worthless! So I’ve made these steps simple to follow - and included examples so that there isn’t any guesswork. Just download the book and follow the instructions.

Book Information

Audible Audio Edition
Listening Length: 40 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: PPG
Audible.com Release Date: September 26, 2014
Language: English
ASIN: B00NYCP8Y4
Best Sellers Rank: #139 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #360 inÃ Â Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #639 inÃ Â Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Cardiovascular

Customer Reviews

I found the book to be in line with all of my personal research. I have lowered my cholesterol using

some of the supplements mentioned and following the other advise. It was a confirmation for me that I'm on the right track. Thanks for the info in a concise easy to read booklet.

This was the most awesome Book I ever read and I have used it, so thank you very much!!!!

The book is very specific and it is quite good. A short, easy read--

Very informative

This is a clearly written consise book with all the basic information you need to lower cholesterol. It covers diet , exercise, and supplements in an easy to understand format. You will see your numbers improved, maybe enough to not take statins.

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30 Day Cholesterol Cure: Live Longer and Healthier by Lowering Your Cholesterol Naturally Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) The Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin Free Plan and Diet that Will The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Elimate Herpes, How To Cure Herpes, Herpes Treatment) The Herpes Cure: Permanent Solutions To Treating Herpes (Cold Sore, Genital Herpes Cure, Genital Herpes Book, herpes cure, cure herpes Intermittent Fasting: How to Unlock the Benefits of Intermittent Fasting to Achieve Weight Loss, Build Muscle, and Live a Longer and Healthier Life (Intermittent ... for Women, Intermittent Fasting for Men) The Eyesight Improvement Cure: How To Improve Your Vision Naturally Without Glasses, Lenses Or Surgery (eyesight, eyesight improvement, eyesight improvement ... naturally, how to

improve your vision) Look Younger, Live Longer: Add 25 to 50 Years to Your Life, Naturally The 8-Week Cholesterol Cure: How to Lower Your Blood Cholesterol by Up to 40 Percent Without Drugs or Deprivation Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking,Stop Smoking Forever,Stop Smoking Addiction,Quit Smoking ... Methods to Quit Smoking, Healthier Life) Healing Hepatitis and Liver Disease Naturally: Detoxification. Liver gall bladder flush & Cleanse. Cure Hepatitis C and Hepatitis B. Lower blood cholesterol and stop cirrhosis Lowering Cholesterol in High-Risk Individuals and Populations (Fundamental and Clinical Cardiology) The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs Eyesight Improvement: The Ultimate Guide How To Improve and Cure your Eyesight and Vision Naturally (Eyesight Improvement, Vision Improvement, Eyesight Cure, Health Restoration, Natural Cures) Hearing Loss Cure: The Ultimate Solution Guide on How to Improve and Restore Your Hearing Naturally, Tinnitus Treatment Relief (Hearing Loss Cure, Tinnitus ... Health Restoration, Natural Cures) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1)

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