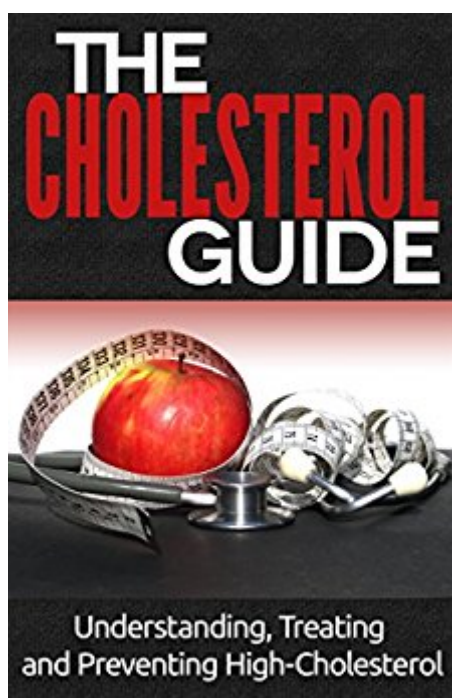


The book was found

# Cholesterol: Cure For Beginners - (NEW EDITION - UPDATED & EXPANDED) Understanding, Treating And Preventing High-Cholesterol (Cholesterol Cure Books - Cholesterol Treatment Book 1)



## Synopsis

Alarmed by your cholesterol rate? Or simply curious and health-conscious? This short guide will teach you the basics about cholesterol, its causes, symptoms and possible treatments. 2nd EDITION - UPDATED & EXPANDED Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

**Cholesterol.** It sounds like such a dirty word, but in the right amounts, cholesterol helps your body function. Unfortunately, your genes and your diet may leave you with way more than your system can handle. When there is too much cholesterol in your blood, it builds up in your arteries and can eventually cut off the blood supply to your heart. The higher your cholesterol, the greater your chances are of developing heart disease. Even if you do have high cholesterol, it is largely manageable through lifestyle behaviors, such as a heart-healthy diet, not smoking, regular exercise and stress reduction. This book is about understanding Cholesterol's basics, roots and causes. It will help you better understand this disease and start helping your friends or family who suffer from High Cholesterol. After downloading this book you will learn..

- An Overview of Cholesterol
- What is Cholesterol Exactly?
- Misconceptions about Cholesterol
- Symptoms and Complications of High Cholesterol
- Detecting and Treating High Cholesterol
- Preventing and Treating High-Cholesterol through Changing One's Diet
- And Much, much more!

Read what other people have to say "What a great read, I have been struggling with this for a long time and it's wonderful to have something like this to help me. I finally have my cholesterol under control and it's all thanks to this valuable book. The author wrote everything out so clearly and made the entire book easy-to-follow. I would give this a try if you are like me and battling with high-cholesterol or even if you just want to prevent it. This is a quality resource and you'll be thankful to have it at your fingertips!" - David - "My family has always had bad cholesterol and as long as I can remember I have always had mine slightly too high as well which is why when I saw this book I figured now is a good a time as any to understand this thing." - Monica G. - Download your copy today! Scroll up and click the orange button "Buy Now" on the top right of this page to access this book in under a minute. Take action today and download this book for a limited time discount of only \$2.99! Start Lowering Your Cholesterol Rate Today!

Tags: cholesterol diet; cholesterol solution; cholesterol clarity; cholesterol; cholesterol myth; cholesterol down; cholesterol cure; cholesterol treatment; cholesterol recovery; high cholesterol; high cholesterol foods; high cholesterol diets; lower cholesterol naturally; lower cholesterol without drugs; lower cholesterol cookbook; lower cholesterol diet; heart disease prevention; low cholesterol; low cholesterol; heart disease memoirs; heart disease cure; heart disease books; lower your cholesterol naturally; low cholesterol diet; low cholesterol recipes; low cholesterol meal plans; low cholesterol cooking; low cholesterol tips; high

cholesterol diets; high cholesterol cookbook; how to lower cholesterol; how to lower cholesterol naturally; how to lower cholesterol naturally really fast; how to lower cholesterol fast; how to lower cholesterol now; cholesterol books; cholesterol explained; cholesterol handbooks; cholesterol free; get rid of cholesterol; cholesterol reduction; cholesterol reducer; cholesterol prevention; cholesterol protection; cholesterol causes; cholesterol symptoms; cholesterol tips; cholesterol advice; cholesterol disease; cholesterol medical advice

## **Book Information**

File Size: 2658 KB

Print Length: 38 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 6, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00TBPEV82

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #354,342 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #106

inÂ Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Cardiology #122

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Heart Disease #302 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

## **Customer Reviews**

What a great read, I have been struggling with this for a long time and it's wonderful to have something like this to help me. I finally have my cholesterol under control and it's all thanks to this valuable book. I love how the author wrote everything out so clearly and made the entire book easy-to-follow. This is one of the only products out there that has allowed me to keep my cholesterol in a healthy zone and it will stay there for now on. I would give this a try if you are like me and battling with high-cholesterol or even if you just want to prevent it. This is a quality resource and you'll be thankful to have it at your fingertips!

This is a book that centers and revolves around the issue of cholesterol. It doesn't just immediately dive in and tell you that you've already begun avoiding certain death by coronary attack by having purchased this book, but rather starts off with a breakdown and solid definition of what cholesterol actually is, why it's a problem, and some pretty awful statistics. It also explains how there are 2 kinds of cholesterol (which I admit I didn't know), what leads to cholesterol issues, and misconceptions (which I liked). There's more obviously to the book, but if you are at all concerned about cholesterol, but are not at the point you think you should go to the doctor but just want some more information, then this would be a good place to start.

Exactly. Heart disease has become a culprit in the lives of many. And link to that is cholesterol. The book has opened misconceptions that now I fully understand. I love dairy products, and this is such a wake-up call for me to start avoiding it. I also consider genetics because my father has a history. I am quite thankful though on what the book is revealing from a research that records show that women generally have higher level of good cholesterol. There are so much reminders I find in this book. Completely satisfied!

This was an important book that has greatly contributed to my understanding of cholesterol and how it affects health in general. It was well explained and with a very broad range of details about it covered here and how it affects the body. Glad I could find this, and I will definitely make sure to implement my new knowledge about it as soon as possible in my life. Highly recommended.

[Download to continue reading...](#)

Cholesterol: Cure for beginners - (NEW EDITION - UPDATED & EXPANDED) Understanding, Treating and Preventing High-Cholesterol (Cholesterol Cure Books - Cholesterol Treatment Book 1)  
Cholesterol: Cholesterol Lowering Guide To How To Lower Cholesterol Naturally And Reduce High Cholesterol With Cholesterol Lowering Strategies To Lower ... Lower Cholesterol (Coronary Heart Disease) Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan)  
Cholesterol: The Great Cholesterol Hoax: Why Cholesterol Lowering Drugs Won't Help You Live One Day Longer And Drug Companies Know It (Cholesterol diet, ... Cholesterol lowering foods, heart disease) 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) A Headache in the Pelvis, a New, Revised, Expanded and Updated

6th Edition: A New Understanding and Treatment for Chronic Pelvic Pain Syndromes Vaginosis: Bacterial Vaginosis Treatment Guide To Curing Bacterial Vaginosis With Strategies For Preventing Bacterial Vaginosis Including Advice On Post ... And Vaginitis Treatment, Cure And Recovery) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) 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 Treating Visceral Dysfunction: An Osteopathic Approach to Understanding and Treating the Abdominal Organs Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You Shed Pounds! Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Reiki: The Ultimate Guide to Mastering Reiki for Beginners in 30 minutes or Less! (Reiki - Reiki Healing - Reiki For Beginners - Yoga for Beginners - Meditation ... Beginners - Kundalini For Beginners - Zen) Third Opinion, Fourth Edition: An International Resource Guide to Alternative Therapy Centers for Treating and Preventing Cancer, Arthritis, Diabetes, HIV/AIDS, MS, CFS, and Other Diseases

[Dmca](#)