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to 40 Percent Without Drugs or Deprivation*

ROBERT E. KOWALSKI
with a Foreword by Albert A. Kattus, M.D.

8 Week Cholesterol Cure

Robert E. Kowalski



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The 8-week Cholesterol Cure Cookbook Robert E. Kowalski, 1989 Applying the principles outlined in The Eight Week Cholesterol Cure the author presents more than two hundred imaginative and easy to prepare recipes that can contribute to lower cholesterol levels *The 8-week Cholesterol Cure* Robert E. Kowalski, 1990-01-01 **The Eight-Week Cholesterol Cure** Robert E. Kowalski, 1989-10 The New 8-Week Cholesterol Cure Robert E. Kowalski, 2009-10-13 The groundbreaking cholesterol lowering program revised and updated Medical journalist Robert E Kowalski's personal story is legendary By the age of forty one he had suffered a heart attack and had undergone two coronary bypass surgeries A traditional dietary approach to lowering his cholesterol failed dismally and faced with the unpleasant alternative of a lifetime on medication he created a program that proved astonishingly effective for him and legions of others worldwide who used it Now with revised information about risk factors exercise and supplements The New eight Week Cholesterol Cure is even more powerful in fighting heart disease It includes The facts about homocysteine and the deadly cholesterol Lp a A diet that jump starts cholesterol reduction The heart healthy secrets of niacin other B vitamins and safe supplements The latest findings on exercise Updated cholesterol testing methods Recent heart healthy products and more Arm yourself against heart disease America's number one killer and increase your chances for a long healthy life with The New eight Week Cholesterol Cure

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Protein Power Michael R. Eades, Mary Dan Eades, 2009-10-21 Join the thousands who have experienced dramatic weight loss lowered cholesterol and improvement or reversal of the damages of heart disease adult onset diabetes and other major diseases by following this medically proven program Protein Power will teach you how to use food as a tool for Dramatic and permanent weight loss Resetting your metabolism and boosting your energy levels Lowering your bad cholesterol levels while elevating the good Protecting yourself from The Deadly Diseases of Civilization including high blood pressure and heart disease And best of all Protein Power encourages you to Eat the foods you love including meats even steaks bacon and burgers cheeses and eggs Rethink the current wisdom on fat intake science has shown that fat does not make you fat Stop shocking your body with breads pastas and other fat inducing carbohydrates So prepare yourself for the most dramatic life enhancing diet program available

PC Mag, 1989-01-31 PCMag.com is a leading authority on technology delivering Labs based independent reviews of the latest products and services Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology

Controlling Cholesterol For Dummies Carol Ann Rinzler, Martin W. Graf, 2002-09-19 You probably know that heart disease is the leading cause of death in America and that a heart attack is the most common form of heart disease But did you know that a significant risk factor for a heart attack is high cholesterol Controlling cholesterol levels is a vital part of healthy living and it's easier than you might think to keep your cholesterol within safe boundaries reduce your risk of heart attack and improve your odds for a long healthy life If your doctor has told you that you need to get your cholesterol in check if you are concerned about all the fuss surrounding high cholesterol or if you're simply a health conscious individual *Controlling Cholesterol For Dummies* is the book of choice for you Filled with effective solutions for managing cholesterol levels from following a low fat diet to choosing an exercise regimen this friendly guide is a must have for Achieving and maintaining healthy cholesterol levels Rating your risk of heart disease Leading a cholesterol lowering lifestyle Determining how low you should go Improving your overall health You'll discover how to build a cholesterol lowering diet shed pounds the healthy way make your weight loss menus marvelous and keep track of calories without confusion *Controlling Cholesterol For Dummies* also reveals The difference between good and bad cholesterol The lowdown on brand name diets How to cut cholesterol through prescription medications vitamins and supplements The added dangers of smoking and the benefits of alcohol in moderation of course How to find an exercise program you like and stick to it Ways to cut back on saturated fats The top foods for lowering cholesterol and the foods you must avoid Featuring ten important cholesterol Web sites ten nutrition Web sites the truth behind common cholesterol myths and a handy nutrition

chart for several hundred everyday foods *Controlling Cholesterol For Dummies* offers reasonable moderate strategies to help you reach your goal You won t turn into an anti cholesterol fanatic you ll simply gain the knowledge you need to lower your cholesterol levels and keep them that way **The 8-week Cholesterol Cure Cookbook** Robert E. Kowalski,1990-01-01

Public Library Catalog ,1999 [The New York Times Book Review](#) ,1992 Presents extended reviews of noteworthy books short reviews essays and articles on topics and trends in publishing literature culture and the arts Includes lists of best sellers hardcover and paperback [The Type II Diabetes Diet Book](#) Calvin Ezrin,Robert E. Kowalski,1997 Discusses a weight control plan formulated specifically for those with Type II diabetes or who are obese includes meal plans exercises relaxation techniques and strategies for remaining at your desired weight

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