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Cholesterol Revitaliser: Insider Secrets to Revitalising Your Health and Lowering Your Cholesterol Naturally

By Stuart Brown

Revitaliser Publishing. Paperback. Book Condition: New. Paperback. 190 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. How To Quickly and Easily Get Your Cholesterol Down Naturally! You're Only A Few Minutes Away From Discovering The Simple Cholesterol Lowering Diet Secrets That Can Help You Lose Weight and Feel Amazing Naturally WITHOUT Statin Drugs! In this groundbreaking cholesterol lowering book you will discover. . . How to lower cholesterol quickly and easily through healthy eating strategies that will leave you feeling great! Foods that both lower cholesterol and which will decrease your overall health risks AT THE SAME TIME as maximizing heart health and tasting delicious! The real impact that having high cholesterol can have on your health and how low cholesterol eating strategies can seamlessly blend into your daily routines. Cholesterol Diet Tips to keep you on the right track and a number of cholesterol myths that you should be aware of. The scientific studies to back up all the advice in this Kindle Book about Lowering Cholesterol and Feeling Great! How to lower your risks of getting heart disease, strokes and cardiovascular problems far quicker than you may have believed possible! You owe it to yourself to take the first steps on the...



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