



60 Ways to Lower Your Cholesterol

Robert D. Lesslie

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Our “fearfully and wonderfully made” bodies will one day wear out. But there are things we can do in the meantime to maximize our health and enjoy the years we’ve been given.

Cardiovascular disease, heart disease, and stroke account for most of the deaths each year in the US and other developed countries. But you can often prevent these deadly illnesses if you control a key risk factor—the cholesterol levels in your blood.

Physician and bestselling author Robert Lesslie describes effective ways for lowering your cholesterol and provides clear, expert advice on such key questions as

- What exactly is cholesterol?
- What are HDL, LDL, and triglycerides, and why is it important to know the difference between them?
- What roles do diet and exercise play in controlling your cholesterol levels?
- What are the benefits and dangers of cholesterol-lowering drugs?
- What alternative treatment options are available?

Dr. Lesslie’s realistic plan to lower your cholesterol will have you living healthier...and may even increase your chances for a longer, more vibrant life.

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Anne Hahn:

Playing with family in a very park, coming to see the sea world or hanging out with buddies is thing that usually you could have done when you have spare time, then why you don't try issue that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love 60 Ways to Lower Your Cholesterol, you could enjoy both. It is great combination right, you still want to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

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