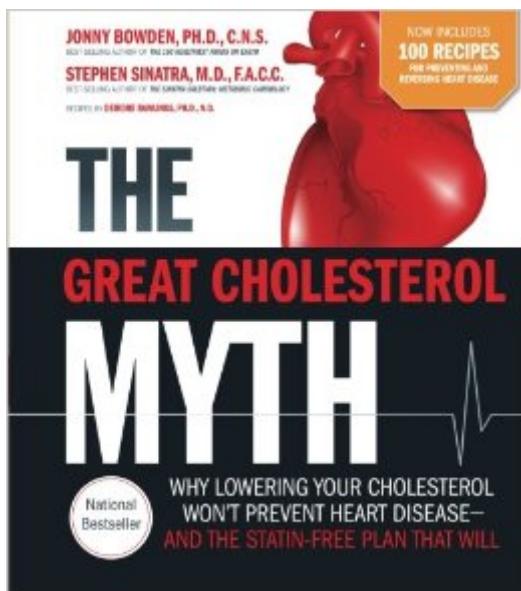


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The Great Cholesterol Myth Now Includes 100 Recipes For Preventing And Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and The Statin-Free Plan That Will



Synopsis

In The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease, nutrition and health experts lay out detailed plans and recipes to help you prevent and reverse heart disease.

Book Information

Paperback: 352 pages

Publisher: Fair Winds Press; Reprint edition (August 15, 2015)

Language: English

ISBN-10: 1592337120

ISBN-13: 978-1592337125

Product Dimensions: 8 x 1 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (47 customer reviews)

Best Sellers Rank: #16,569 in Books (See Top 100 in Books) #8 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #17 inÂ Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #17 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

Customer Reviews

Cardiologist Dr. Stephen Sinatra MD is RIGHT ON THE MONEY. We owe my husband's continued life to the TRUTH as revealed by Dr. Stephen Sinatra as he discusses in his books including The Sinatra Solution: Metabolic Cardiology and Earthing: The Most Important Health Discovery Ever?. When I heard the Great Cholesterol Myth was coming out I quickly nabbed a copy from our local library - I have since purchased a copy here on to be able to share with our many friends who are overly concerned with their cholesterol to the detriment of over-looking inflammation. Be sure to get the NEW & UPDATED 2015 version of the The Great Cholesterol Myth Now Includes 100 Recipes. 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 WillDr. Sinatra discussed The Great Cholesterol Myth in good detail on the Dr. Oz show. Both Dr. Oz and Dr. Sinatra have publicly stated they no longer believe so many people should be prescribed statin drugs and they both have discussed why children should NOT be taking statin drugs.

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