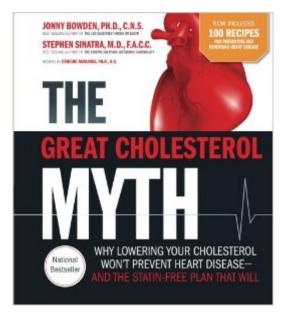
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## The Great Cholesterol Myth Now Includes 100 Recipes For Preventing And Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and The Statin-Free Plan That Will





## 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 stars Â See all reviews (47 customer reviews) Best Sellers Rank: #16,569 in Books (See Top 100 in Books) #8 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #17 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #17 in 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.

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 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 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) 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 Natural Solution: Simple Lifestyle Changes to Lower Cholesterol Naturally and Prevent Heart Disease (Lowering Cholesterol) (Volume 1) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Cholesterol: Cure for beginners - (NEW EDITION - UPDATED & EXPANDED) Understanding, Treating and Preventing High-Cholesterol (Cholesterol Cure Books - Cholesterol Treatment Book 1) Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox) DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free DASH Diet: 50 Top DASH Diet Recipes - 30 MINUTE DASH Diet Recipes to Help You Lose Weight Fast & Prevent Heart Disease, Stroke and Diabetes (Low Sodium, Low Fat, Low Cholesterol) Pizza Recipes: 100 Pizza Recipes for Home Cook (+BONUS: 100 FREE recipes) (100 Murray's Recipes Book 9) Pasta Recipes: 100 Pasta Recipes for Home Cook (+BONUS: 100 FREE recipes) (100 Murray's Recipes Book 8) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123

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