



Cut Your Cholesterol: A Three-Month Programme to Reducing Cholesterol

By Sarah Brewer

Quercus Publishing. Hardback. Book Condition: new. BRAND NEW, Cut Your Cholesterol: A Three-Month Programme to Reducing Cholesterol, Sarah Brewer, Cholesterol is a type of fat (lipid) made by the body. It is essential for good health and is found in every cell in the body. However, a high cholesterol level in the blood (hypercholesterolaemia) is associated with an increased risk of heart disease and stroke. Seven out of 10 people over the age of 45 have high cholesterol. Cut Your Cholesterol demystifies the subject quickly, clearly and concisely. Packed with accessible information about cholesterol and advice to help you identify if you have raised cholesterol levels, the book includes a clinically proven three-month programme to help you wash cholesterol out of your system and improve your cholesterol balance.



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