

Unlock the Secrets to Lower Cholesterol: A Comprehensive Guide to Regain Your Health



The Lower Cholesterol Handbook: Lower Your Cholesterol Drug-Free in 30 Days by Martha Johnston

★★★★★ 5 out of 5

Language	: English
File size	: 2227 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 41 pages
Lending	: Enabled



High cholesterol is a significant risk factor for cardiovascular diseases, including heart attacks and strokes. It's a silent culprit that often goes undetected, putting your overall health at risk. If you're looking for a comprehensive and practical solution to lower your cholesterol levels, look no further than "The Lower Cholesterol Handbook." This book is your ultimate guide to understanding, managing, and reducing high cholesterol.

Tailored Dietary Plans for Success

7 DAY LOW CHOLESTEROL DIET

PLAN

(PRINTABLE + GROCERY LIST)



THEHEARTDIETITIAN.COM

"The Lower Cholesterol Handbook" provides customized dietary plans designed to meet your individual needs and preferences. Whether you're a vegetarian, vegan, or simply looking for a heart-healthy approach, you'll find tailored recommendations that fit your lifestyle. Our registered dietitians have meticulously crafted menus and recipes that are both delicious and effective in lowering cholesterol levels.

Expert Advice at Your Fingertips

American Heart Association
Healthy for Good
HOW TO CONTROL CHOLESTEROL
Life's Simple 7

1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **BODY**. It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).

HDL = GOOD
High-density lipoprotein is known as "good" cholesterol.

LDL = BAD
Low-density lipoprotein is known as "bad" cholesterol.

Helps keep LDL from sticking to arteries walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke.
heart.org/AboutUs/cholesterol

TRIGLYCERIDES
The most common type of fat in the body.

TOTAL CHOLESTEROL
 $HDL + LDL + 1/5th \text{ of triglyceride level} = \text{Total cholesterol level}$

2 TRACK LEVELS

A health care provider can measure blood cholesterol and help you understand what the levels mean.

Track your cholesterol levels over time and take steps to reduce high cholesterol.

LEARN MORE AT HEART.ORG/MYLITECHECK AND HEART.ORG/CHOLESTEROL

TIPS FOR SUCCESS

EAT SMART
Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sugary drinks and foods, fatty or processed meats, full-fat dairy products, eggs and tropical oils.
heart.org/foodSmart

MOVE MORE
Physical activity helps improve cholesterol levels.
heart.org/MoveMore

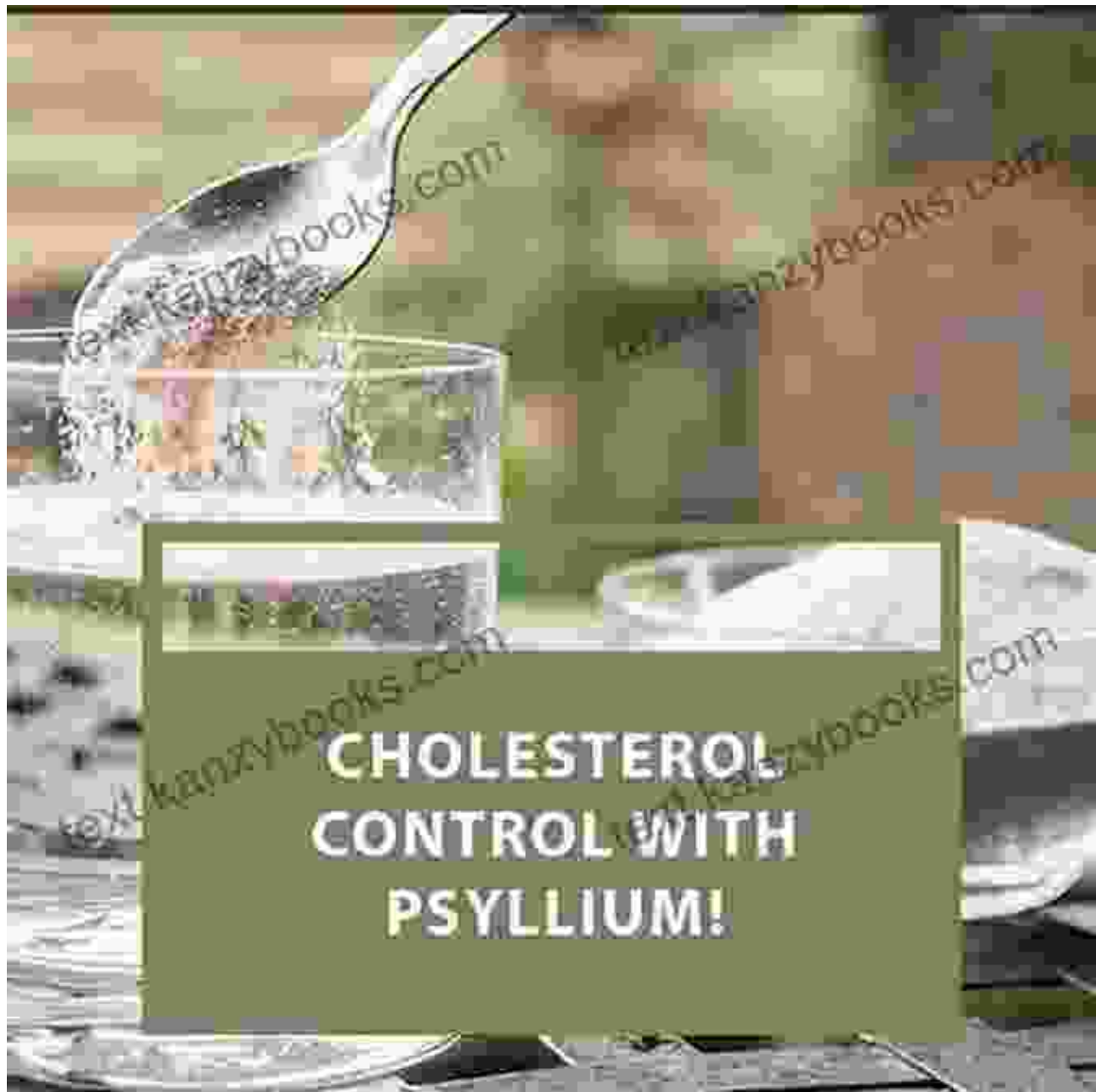
KNOW YOUR FATS
The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats.
heart.org/fats

DON'T SMOKE
Smoking lowers good HDL cholesterol and raises your risk of heart disease.
heart.org/NoTobacco

TAKE MEDICATION AS DIRECTED
Your doctor may prescribe statins or other medications to control your cholesterol levels.

Throughout this indispensable handbook, you'll gain invaluable insights from leading cardiologists and nutritionists. They share their expertise on the latest research, lifestyle modifications, and medical interventions to help you lower your cholesterol safely and effectively. With their guidance, you'll make informed decisions and create a personalized plan that works for you.

Actionable Strategies for Lasting Change



Beyond dietary recommendations and expert advice, "The Lower Cholesterol Handbook" empowers you with actionable strategies for lasting change. You'll learn practical tips for managing stress, increasing physical activity, and making sustainable lifestyle choices. These proven techniques will help you incorporate heart-healthy habits into your daily routine and maintain your cholesterol levels within a healthy range.

Testimonials from Satisfied Readers

"I was amazed at how easy it was to follow the dietary plans in this book. I've tried other diets before, but this one actually worked for me." - Sarah J.

"The expert advice in this book was invaluable. I now understand the importance of managing my cholesterol and have made significant progress towards improving my heart health." - John D.

Free Download Your Copy Today

Don't wait any longer to take control of your cholesterol levels and improve your overall well-being. Free Download your copy of "The Lower Cholesterol Handbook" today and unlock the secrets to a healthier heart. With its comprehensive dietary plans, expert advice, and actionable strategies, this book is your essential guide to reducing cholesterol and regaining your health.

High cholesterol is a manageable condition, and "The Lower Cholesterol Handbook" provides you with the tools and knowledge you need to succeed. By following the tailored dietary plans, implementing expert advice, and incorporating actionable strategies, you'll lower your cholesterol levels, improve your heart health, and enjoy a healthier and more fulfilling life.



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