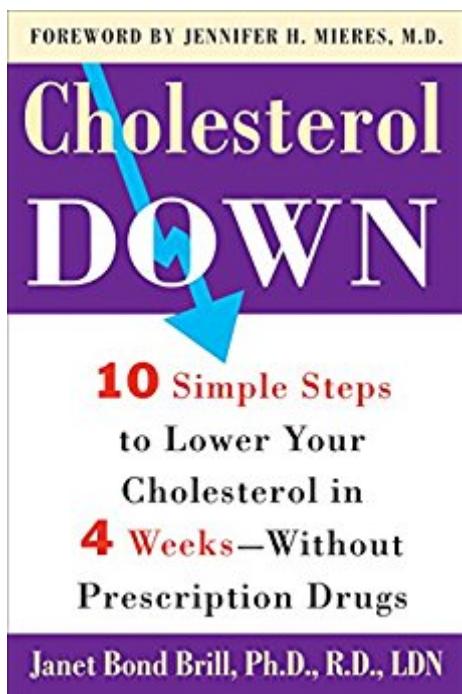


The book was found

Cholesterol Down: Ten Simple Steps To Lower Your Cholesterol In Four Weeks--Without Prescription Drugs



Synopsis

Take control of your cholesterol with this 10-point plan from nutrition and fitness expert Dr. Janet Brill—without using drugs. If you are one of the nearly 100 million Americans struggling with high cholesterol, then Dr. Janet Brill offers you a revolutionary new plan for taking control of your health—without the risks of statin drugs. With Dr. Brill's breakthrough Cholesterol Down Plan, you simply add nine “miracle foods” to your regular diet and thirty minutes of walking to your daily routine. That's all. This straightforward and easy-to-follow program can lower your LDL (“bad” cholesterol) by as much as 47 percent in just four weeks. Cholesterol Down explains Dr. Brill's ten-point plan as well as the science behind it. You'll learn how each miracle food affects LDL cholesterol and how the foods work together for maximum effect, as well as: How eating whole grains helps reduce LDL cholesterol in your bloodstream; Why antioxidants keep plaque from building up in your arteries; How certain steps change the structure of LDL cholesterol particles (and why it's best for them to be large and fluffy); Why walking just thirty minutes a day lowers (“bad”) cholesterol and cuts dangerous belly fat. With everything you need to stay focused on the plan, including a daily checklist, a six-month chart for tracking LDL cholesterol changes, tools for assessing your risk level for cardiovascular disease, sample weekly menus, and even heart-healthy recipes, Cholesterol Down is the safe and effective alternative or complement to statin drugs.

Book Information

File Size: 9311 KB

Print Length: 336 pages

Publisher: Harmony; 1 edition (January 16, 2009)

Publication Date: January 21, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B001PSEQA6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #5,746 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions > Low Cholesterol

Customer Reviews

This was on my Christmas list. Had my blood work done Sept, 2013, results as followed:Total Cholesterol-231HDL-78LDL-131Triglycerides-108Read the book, made a list of the 10 guidelines, taped it to the wall near the kitchen sink, tweaked it to my liking.Ate steel cut oatmeal with chia or flaxseed, wheat germ, oat bran most mornings. (I made a week's supply at once and refrigerated, then reheated adding some kind of berries or bananas.)Took 2 tabs of Cholest-off daily (phytosterols)Took 2 tabs of organic Flaxseed oil dailyAte almonds or an apple (or both) as a snack sometime during the dayAte more spinach and mushrooms and garlic and veggies,(beets and cabbage clean the system)Ate more beans (not so great with that)Ate much less meat and dairy (which I had previously done, with little positive results)Drank a soy latte or some kind of soy shake (non GMO)..delicious!!!(not every day)Continued eating the dark chocolate I have always indulged inTook a garlic supplement (not every day)Took "Super Thisilyn" for 3 weeks (figured it would help my liver recover from whatever damage I have done).I added this little "secret weapon" of my own.For the life of me, could not tolerate the psyllium huskContinued to exercise, (either walk or zumba or pilates) about 3 times a weekJust received my new lab results, drawn March 2014 (6 months later), as followed:Total Cholesterol-186HDL-78LDL-94Triglycerides-69My 60th birthday is in 2 months. I have a terrible family history. My father died from a stroke and early heart disease. My brother had a severe stroke at age 54. My mother has been on all the "Big Pharma" meds since she was 50 and tries to persuade me to "just take them".My labs have NEVER been so good!!!Thank you Dr. Janet Brill!! Thank you for taking the time to study and publish this information for our benefit...I believe your approach with recognizing the different mechanisms of our bodily functions is the ticket.May be the best Christmas gift ever!!!My best to anyone reading this...tweak it to your liking and you won't have to stress anymore over blood tests...Amazing!

Thank you, Dr Brill!In August 2016 my long over due blood work indicated my overall cholesterol number was a frightening 243. My high blood pressure and high cholesterol substantially increased

my risk of stroke, and I panicked over possibly being prescribed side effect riddled statin drugs. I searched on books for natural, medication-free ways to lower my cholesterol and found Dr Janet Bond Brill's 'Cholesterol Down.' I had just turned 60 so I will admit that I was skeptical that it was possible to erase with any plan years of unhealthy eating, weight gain, lack of exercise and family history of heart disease. What made me choose to try 'Cholesterol Down' was that the author set up simple-to-follow daily guidelines. The recommended foods, like apples, almonds, beans, etc and supplements were easy to add to my daily life. With nothing to lose, except my high cholesterol number, I purchased the book and began to follow the program. And I am so glad I did! Cholesterol Down really worked for me! My total cholesterol number went from a high 243 down to 157! Here is what I did over the course of five months beginning in August 2016. I ate oatmeal and added flax seed, oat bran and a tablespoon of organic granola for breakfast. Lunch was a large delicious apple and almonds. If I needed a snack to crunch on I went with additional organic raw almonds or cut vegetables. Dinner always included a large salad loaded with fresh vegetables, blueberries, strawberries, garbanzo beans, walnuts, almonds, and a drizzle of light balsamic vinaigrette. Salmon, lean chicken, quinoa were added to my dinner diet. I substituted filling whole grain breads for less healthy bread options. I never felt hungry, and that is really saying something since menopause always made me want to snack! I began adding the supplements, especially the fiber, slowly as recommended by the author and drank lots of water, so I had no problems tolerating any recommended supplements. I did not use any soy products, since I have a breast cancer history. I cooked more with garlic, but did not use the aged garlic supplement every day. I was not able to find any of the plant stenol juice or milk that the author recommended-they are discontinued by Smart Balance and Minute Maid-so I relied solely on Benacol for all plant stenol additions. And I walked 5-6 days a week, my 30 minutes bumping up to 60+ minutes. I lost 25 pounds, went from size 14 to size 8 and I feel great! My doctor was so impressed with my numbers that she wrote down the name of the book to check it out herself. The best part for me is that I know I am more healthy, both inside and outside, than I have been in a decade! My good cholesterol is up and my bad cholesterol is down! I plan to make Cholesterol Down a permanent lifestyle choice for me. I can not recommend this book enough!

My total Cholesterol numbers were showing between 210-235 for the last 3 years and my doctor wanted to put me on medicines to get it down. I refused the medicine due to hearing about others that I know having bad side effects from the medication. I started researching natural ways to lower my cholesterol and came across this book on . I read the reviews and decided to give it a try...I read

the book, followed the daily eating protocol and went back to the doctor 2 months later to get my blood retested. I was shocked to learn that I had dropped to 184 total Cholesterol...My doctor asked me what I did and I told him about this book. He was defiantly impressed and said he was going to get him a copy of it.

Promotes the link between elevated cholesterol and heart disease even though ultra low cholesterol is now associated with dementia and the link with heart disease has been debunked. Suggests consuming margarine and soy protein which I have not read good things about. I will however follow the advice on more fiber and will add more peas and beans to my diet

A very simple and easily understood program for lowering cholesterol. I would have liked to have suggestions for substitutes for soy products as my breast cancer was estrogen related and I cannot eat soy. Other than that, I found the book very helpful and have started to modify my diet. Will let you know in 6 months if I have been successful.

My mum loved this book. An apple a day does keep the doctor away. A good read.

I read this , the put a plan together and in one month dropped my total by 51 points. Was easy to read and follow , I'm a believer !

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