

FOREWORD BY JENNIFER H. MIERES, M.D.

Cholesterol DOWN



10 *Simple Steps*
to Lower Your
Cholesterol in
4 *Weeks*—Without
Prescription Drugs

Janet Bond Brill, Ph.D., R.D., LDN

Janet Brill

Cholesterol Down: Ten Simple Steps to Lower Your Cholesterol in Four Weeks--Without Prescription Drugs



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Take control of your cholesterol with this 10-point plan from nourishment and fitness professional Dr. That'without using drugs. How certain measures change the structure of LDL cholesterol contaminants (and why it' Brill' Brill' With Dr. Janet Brill gives you a revolutionary brand-new plan for acquiring control of your wellness—s breakthrough Cholesterol Down Plan, you simply add 9 "s all. to your regular diet plan and thirty minutes of strolling to your daily routine. Janet Brill—miracle foods"Cholesterol Straight down explains Dr.poor") cholesterol by as very much as 47 percent in only four weeks. This straightforward and easy-to-follow plan can decrease your LDL ("without the challenges of statin drugs.s ten-point plan and also the technology behind it. You'll understand how each miracle food impacts LDL cholesterol and how the foods work together for maximum effect, and also:• How eating wholegrains helps reduce LDL cholesterol in your bloodstream• Why antioxidants keep plaque from accumulating in your arteries• In case you are one of the nearly 100 million Americans struggling with high cholesterol, after that Dr.s best to allow them to be large and fluffy)• cholesterol and cuts dangerous belly fatWith everything you need to stay centered on the plan, including a daily checklist, a six-month chart for racking LDL cholesterol adjustments, equipment for assessing your risk level for coronary disease, sample weekly menus, and even heart-healthy quality recipes, Cholesterol Down may be the safe and effective alternate or complement to statin medicines.poor" Why walking just thirty minutes a day lowers "



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Cholesterol Straight down really worked for me! My total cholesterol amount went from 243 to 157! health aims which can be realistically implemented into everyday busy lives. 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 medicines. I searched on books for organic, medication-free methods to lower my cholesterol and discovered Dr Janet Bond Brill's 'Cholesterol Down. I can not recommend this book more than enough! What made me select to try 'Cholesterol Down' was that the writer create simple-to-follow daily guidelines. And I am thus glad I did so! I made 36 Great book and it works! The suggested foods, like apples, almonds, beans, etc and health supplements were easy to add to my lifestyle. Cholesterol Down really worked for me! My total cholesterol amount went from a high 243 down to 157!. I ate oatmeal and added flax seed, oat bran and a tablespoon of organic granola for breakfast. Salmon, lean chicken, quinoa were put into my dinner diet.! Supper always included a big salad loaded with more fresh vegetables, blueberries, strawberries, garbanzo beans, walnuts, almonds, and a drizzle of light balsamic vinaigrette. Lunch was a big delicious apple and almonds. I started researching organic ways to lower my cholesterol and found this publication on Amazon. I under no circumstances felt hungry, and that's really stating something since menopause always made me want to snack! I've dropped 12 pounds in 6 wks. Some of the info is certainly a little bit dated as I could not find the suggested margarine or other products with the plant phenols. Five Stars EXCELLENT way to control & I had not been able to find any of the plant stenol juice or milk that the writer recommended-they are discontinued by Wise Stability and Minute Maid-so I relied exclusively on Benacol for all plant stenol additions. And I walked 5-6 days a week, my thirty minutes bumping up to 60+ moments. That must be one. My doctor was so impressed with my amounts that she wrote straight down the name of the reserve to check it out herself. Great guidance for the confused! I read the reviews and decided to give it a try. I plan to make Cholesterol Down a long lasting way of life choice for me.' I had simply turned 60 therefore i will admit that I was skeptical that it had been possible to erase with any program years of unhealthy eating, weight gain, lack of exercise and family history of heart disease. Got Great Results! If I needed a snack to crunch on I went with additional organic raw almonds or cut vegetables. This is on my Xmas list. on Cholesterol Down.. Great product Simple and well put together.) Took 2 tabs of Cholest-off daily (phytosterols) Took 2 tabs of organic Flaxseed oil daily Ate almonds or an apple (or both) as a snack sometime through the day Ate more spinach and mushrooms and garlic and vegetables, (beets and cabbage clean the machine) Ate more beans (not great with that) Ate significantly less meat and dairy (which I had previously completed, with little positive results) Drank a soy latte or some type of soy shake (non GMO)..delicious!!! Does indeed work! I added this little "secret weapon" of my own. My doctor asked me what I did so and I told him about this book. I have an awful family history. My dad died from a stroke and early heart disease. My brother had a severe stroke at age 54. My mother offers been on all of the "Big Pharma" meds since she was 50 and attempts to persuade me to "just take them". My labs haven't been so good! Thank you Dr.!! This reserve is crucial! Thank You! Many thanks for taking the time to review and publish these details for our benefit...I believe your approach with recognizing the various mechanisms of our bodily processes is the ticket. Could be the best Christmas gift ever!!! My better to anyone reading this. Ate steel cut oatmeal with chia or flaxseed, wheat germ, oat bran most mornings.. Even my famliy agreed that some of them are much better than full fat meals... This book is well researched but moreover it's easy to understand- providing excellent information for those of us having to confront the

dreaded "cholesterol issues". This book is NO Hoax.. Buying the whole flax seed and grinding it myself is a lot cheaper. He was defiantly impressed and stated he would get him a copy of it.(not every day)Continued eating the chocolates I have constantly indulged inTook a garlic supplement (not every day time)Took "Super Thisilyn" for 3 weeks (figured it would help my liver get over whatever damage I have done). My total Cholesterol quantities were showing between 210-235 going back three years and my doctor wished to put me on medicines to get it down. I refused the medication because of hearing about others that I know having bad unwanted effects from the medication. I substituted filling whole grain breads for less healthy bread options. My good cholesterol is certainly up and my bad cholesterol can be down! The book is even more of a step by step guide, with 10 nutritional &Here is what I did over the course of five months from August 2016. Quality recipes in the publication are easy and good to eat. I was shocked to learn that I acquired dropped to 184 total Cholesterol.. My LDLs had been at 139 and doctor wanted to put me on a statin.For the life span of me, cannot tolerate the psyllium huskContinued to exercise, (either walk or zumba or pilates) about three times a weekJust received my new laboratory results, drawn March 2014 (6 months later on), as followed:Total Cholesterol-186HDL-78LDL-94Triglycerides-69My 60th birthday is in 2 months.. Changed my life! I followed most of the actions in this publication, and brought my total cholesterol down from 239 to 188.. It's worth a try in case you are trying to work on cutting your cholesterol and don't what things to go on statins. Drinking psyllium husk every evening was pretty key. LDLs are actually down to 86! Cholesterol Down Book The 10 items are easy enough to check out, once everything is lined up on the cabinet to remind you to take the mandatory amount of everything throughout the day. Consuming an apple a day time goes along with my eating habit of eating a whole lot of fruits and vegetables, nothing fried or processed.. I dip raw apple slices in to the ground flax seed & Wow, I completed 3 weeks of the suggested diet and reduced my TC from 254 to 187.. lower our cholesterol. I began adding the products, especially the fiber, gradually as recommended by the author and drank plenty of water, so I had no problems tolerating any recommended supplements. Got my blood function done Sept, 2013, results as adopted:Total Cholesterol-231HDL-78LDL-131Triglycerides-108Browse the book, made a list of the 10 recommendations, taped it to the wall structure near the drain, tweaked it to my liking. I will have a cholesterol test in 2 mo. I've taken 5 different statins that make my own body ache. My doctor acquired said no way I'd prevent a statin as he didn't think diet plan would perform it, but boy was he incorrect and has had to consume his hat. (I produced a week's supply at once and refrigerated, then reheated adding some kind of berries or bananas. Thumbs up The book was informative Plenty of good information.) Overall Personally i think much better even though it took just a little getting used to the dietary plan change, it spent some time working like a champ. The best part for me personally is that I understand I am more healthy, both inside and outside, than I have already been in a decade!Amazing!. Thank you, Dr Brill! Heart health and cholesterol are long term management problems, but finally Personally i think that I've found a useful book that can help me get yourself a head start.! Help with lower cholesterol This book is among the best, informative books on natural ways to lower cholesterol. This has new and updated information to improve cholesterol control. I found it very informative and helpful to me and recommend. I cooked more with garlic, but did not utilize the aged garlic product every day. Being creative with everything listed is simple. Janet Brill! This Book tells what you need to know and what things to eat or not I really liked all the details given in an informative manner. I would buy again a tell my friends to accomplish the same. Dishes are great except the Blueberry FlaxMuffin says 12 servings. I lost 25 pounds, proceeded to go from

size 14 to size 8 and Personally i think great! With nil to lose, except my raised chlesterol number, I purchased the publication and started to follow this program. sprinkle flax seed on my OATS.I read the book, followed the daily taking in protocol and returned to the physician 2 months later to get my bloodstream retested.tweak it to your liking and you won't have to stress anymore over blood tests. I have no problems and would highly recommend. I have a look at them and figured i'd be among the people who has side effects, so i opted for a more natural treatment. (why would you when you can do it natural? Easy steps to follow, good recipes. My program is to stay onto it for rest of my life. I hope to stay on Cholesterol Down daily, if I can keep my scores lower. I did not use any soy items, since I've a breast cancer background. I think these have been discontinued, however the Chol-off supplement was what I utilized and may buy it in mass at Costco, It seemed to work fine.



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