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# CHOLESTEROL MYTH: The Real Truth About Cholesterol They Don't Want You To Know. (English Edition)

The Real Truth About Cholesterol They Don't Want You To Know

## CHOLESTEROL MYTH



JOSHUA COLLINS

*Par Joshua Collins*

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produced this "fluff-free" book. In the late 1970s the conspiracy began and slowly the fat in our foods were replaced with refined sugar which has fattened our society and wreaked havoc with our biochemistry, particularly our cholesterol and blood sugar levels. What The Author Reveals Within The Pages Of This Book:- The truth about cholesterol numbers and their relation to heart disease - Why your LDL and total cholesterol numbers by themselves are poor indicators of your overall health - Critical information you need to know about inflammation and its role in heart disease - The truth about "saturated Fats" and their relation to heart disease and weight loss - Do You take statin drugs? ... Missing this information could be harmful to your health - Why a low fat high carbohydrate diet will promote high cholesterol levels and weight gain - And Much More See What Other Readers Have To Say About Bestselling Author Joshua Collins: Joshua Collins writes information that not only exposes the long-standing cholesterol myth, but the real truth he presents also provides serious information on how you can protect yourself right now. Sometimes the tough decisions we need to make in life are sitting right in front of us. Taking that step to do what is right often needs a push that most of us just don't want to hear or read. It's up to you. It's hard to deny the truth here. It's even harder to deny just what you are doing to yourself today that could clip years off your life. - TxMik Take a look at this cutting-edge nutritional information and learn what really works when it comes to improving your health and understand the role cholesterol plays in your overall health. Presentation de l'diteur Fall Special: Save \$2 And Purchase "Cholesterol Myth" By Joshua Collins For A Special Price Of \$2.99 Until Further Notice! What Do Your Cholesterol Numbers Really Mean? Don't You Want To Know The Truth About Cholesterol And Heart Disease? Joshua Collins, an expert in health and nutrition wrote this book to expose the truth about Cholesterol and to let you know what you can do to improve your heart health and overall health. He has done so in a concise, easy to understand way and produced this "fluff-free" book. In the late 1970s the conspiracy began and slowly the fat in our foods were replaced with refined sugar which has fattened our society and wreaked havoc with our biochemistry, particularly our cholesterol and blood sugar levels. What The Author Reveals Within The Pages Of This Book:- The truth about cholesterol numbers and their relation to heart disease - Why your LDL and total cholesterol numbers by themselves are poor indicators of your overall health - Critical information you need to know about inflammation and its role in heart disease - The truth about "saturated Fats" and their relation to heart disease and weight loss - Do You take statin drugs? ... Missing this information could be harmful to your health - Why a low fat high carbohydrate diet will promote high cholesterol levels and weight gain - And Much More See What Other Readers Have To Say About Bestselling Author Joshua Collins: Joshua Collins writes information that not only exposes the long-standing cholesterol myth, but the real truth he presents also provides serious information on how you can protect yourself right now. Sometimes the tough decisions we need to make in life are sitting right in front of us. Taking that step to do what is right often needs a push that most of us just don't want to hear or read. It's up to you. It's hard to deny the truth here. It's even harder to deny just what you are doing to yourself today that could clip years off your life. - TxMik Take a look at this cutting-edge nutritional information and learn what really works when it comes to improving your health and understand the role cholesterol plays in your overall health.