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4 Steps to Lower Cholesterol: The Practical Guide to a Healthy Heart

By Linda Main, Baldeesh Rai

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, 4 Steps to Lower Cholesterol: The Practical Guide to a Healthy Heart, Linda Main, Baldeesh Rai, 4 Steps to Lower Cholesterol is a practical, comprehensive and easy-to-use guide for anyone worried about their cholesterol. Written by two experts from HEART UK (the UK's leading cholesterol charity) and including the latest scientific research, this book gives you the information you need to understand cholesterol and make simple lifestyle changes to improve your health, including: 1) Motivation: learn how to change your mindset to meet your goals and establish healthy habits 2) Diet: enjoy tasty, cholesterol-busting foods and make heart-friendly food swaps 3) Exercise and de-stress: have fun being active and reduce tension and stress 4) Medication: understand your options to make informed decisions about your medicines. You will also find 40 delicious recipes, case studies, and answers to common questions. Packed with information, tips and advice, this is the essential, empowering handbook for anyone looking to make lasting changes to their life and health.



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