

# [PDF] The New 8-Week Cholesterol Cure: The Ultimate Program For Preventing Heart Disease

**Robert E. Kowalski - pdf download free book**

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## **Books Details:**

Title: The New 8-Week Cholesterol Cu

Author: Robert E. Kowalski

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## **Description:**

### **From Library Journal**

Since this book first appeared in 1987, scientists have learned much more about cholesterol and its components, associated risk factors, supplements such as B vitamins and niacin, exercise, diet, and stress reduction, and longtime medical journalist Kowalski covers the evolving scientific information in depth. However, he also espouses an initially low-carb, low-calorie diet to induce ketosis and burn fat stores. That's fine for the short term in healthy individuals. But as with any significant change in

diet, this one should not be undertaken without a physician's review since it may alter blood sugar levels in diabetics (and many folks have diabetes without realizing it) or require a change in medication levels. For larger collections.

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**About the Author** Robert E. Kowalski a medical journalist for more than thirty-five years, devised this program for his own cholesterol problem when all else failed. He lives in California.

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