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Digest

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Cut Your Cholesterol

Featuring the Exclusive
Live It Down Plan



David L. Katz, M.D.
and Debra L. Gordon

Lose 30 Points in 12 Weeks!

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Eat to Beat Diabetes Robyn Webb, 2003 Includes more than 300 recipes that are as delectable as they are healthy Based on the newest findings about diabetes health and diet this book will show you that you can eat the most flavorful and satisfying dishes and beat diabetes at the same time From baked breakfast delights to rich succulent stews from fresh and summery salads to robust holiday dinners this book is filled with well tasted recipes you and your family are sure to love

Cover Do Or Die Jim McFarland, 2005-08 Do or Die is designed exclusively to help baby boomer men restore health vitality happiness and longevity through fitness faith and food Do or Die explains how to get out of denial and discover the inspiration and willpower to create life changing renewal and a healthy lifestyle Do or Die reviews seven midlife chronic conditions that reduce life expectancy and life quality Author Jim McFarland calls these pathways to middle aged male destruction Based on his personal experiences and years of extensive research Do or Die offers numerous strategies and ideas for exercise weight management nutrition and life balance McFarland s advice will help you Start defeating the vicious grip of denial Recognize how to rebuild your self esteem Understand how to lose weight Learn how good nutrition and exercise will help lower your cholesterol and your risk of type two diabetes and heart disease Understand how to take responsibility for your health Learn how to avoid injuries when exercising Discover the importance of using a heart rate monitor for all fitness training Do or Die will guide you in writing a personal renewal plan and it will also help you learn how to create and enjoy balance in your life Take the first step towards better health today With his health declining McFarland took control and turned his life around At 52 the author was what has become your Standard American Male obese sedentary hypertensive and in deep denial when his doctor reported that he was a prime candidate for type two diabetes The good news is that he decided to do something about it In frank language he discusses his renewal strategy and the routines and behaviors for rebuilding his physical and mental health finding balance and peace in the process First he had to own up to his rotten condition his blubber and sloth and become conversant with his body s cardiovascular needs his metabolism what comprises a healthy diet and his need for physical activity Thus began his education in cholesterol stress midlife depression the body mass index blood analysis high blood sugar and a host of other subjects all of which he manages to convey in clarity and modest depth despite his lack of professional training He endeavored to use common sense in his eating and exercise gradually creating a life script comprised of the seven Fs Fitness he provides a detailed gradual program Finding what is important in your life having Faith in what you believe discovering some spiritual support eating the right Foods time with Family Friendships and having Fun He consistently stresses the elemental need for self respect without it he says you won t have the will to embark on what amounts to a complete lifestyle change A helpful if arduous map for living a better life that certainly beats the alternative giving up and dying Kirkus Discoveries **30 Minutes a Day to a Healthy Heart** Frederic J. Vagnini, Selene Yeager, 2005 Innovative 30 minutes a day plan to reduce weight lower blood pressure cut cholesterol and

stabilize insulin level with small lifestyle changes *Stealth Health* Debra L. Gordon, David L. Katz, 2005 A guide to improving one's overall health and fitness presents more than 1 200 small but important modifications readers can make to their lifestyles that will help one lose weight fight disease and encourage lasting health **Cut Your Cholesterol** David L. Katz, Debra L. Gordon, Reader's Digest, 2004 This unique week by week step by step plan based on the latest research blends nutrition physical activity supplements and mind body medicine Its up to the minute information gives readers the power to reshape their health feel younger and live longer illustrations charts daily logs journals and over 30 recipes make it easy to achieve success *Weekly World News* , 1994-03-22 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub [www weeklyworldnews com](http://www.weeklyworldnews.com) is a leading entertainment news site *Weekly World News* , 1993-09-14 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub [www weeklyworldnews com](http://www.weeklyworldnews.com) is a leading entertainment news site *Vegetarian Times* , 1989-02 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both **The Good Health Fact Book : a Complete Question-and-answer Guide to Getting Healthy and Staying Healthy** Reader's Digest Association (Canada), 1992 *The Wall Street Journal* , 2006 **Yankee** , 1990-07 Soya and Oilseed Bluebook 2009 Soyatech, Inc, 2009 Harrowsmith Country Life , 1992 *Union Agriculturist and Western Prairie Farmer* , 1979-07 *Senior Scholastic* , 1982 **Acres, U.S.A.** , 1987 **Food-service East** , 1993 **Public Hearing Before Senate Committee on Aging** New Jersey. Legislature. Senate. Committee on Aging, 1989 *Subject Guide to Books in Print* , 1996 New York , 2000

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