

# **CHOLESTEROL** **THE REAL TRUTH**

*Are the drugs you take  
making you sick?*



**A natural program to lower cholesterol**

*By Dr Sandra Cabot & Margaret Jasinska ND*

# Cholesterol The Real Truth

**Roman Wölfel**



## **Cholesterol The Real Truth:**

**Cholesterol** Sandra Cabot, Margaret Jasinska, 2005 Presenting a factual medical dissection of what truly causes and contributes to heart disease and whether cholesterol is as deserving of its reputation as the number one factor as is commonly believed

**Cholesterol** Sandra Cabot, 2005

**Diabetes Type 2: You Can Reverse it Naturally** Sandra Cabot MD, Margaret Jasinska ND, Diabetes is the fastest growing chronic disease in the world today 19 million new cases of diabetes were diagnosed in people aged 20 years and older in the USA last year Diabetes causes chronic poor health and a shortened lifespan There is no denying that type 2 diabetes is an epidemic there are currently 246 million diabetics in the world and 90 percent of them have type 2 diabetes The good news is that with the right diet nutritional supplements and lifestyle changes you can actually reverse it If you follow the conventional dietary recommendations for diabetes you will likely gain weight and your blood sugar level will gradually rise This book will teach you the best way to bring your blood sugar down and lose weight In this book you will learn The importance of protein to blood sugar control and weight loss The nutrients that diabetics are typically deficient in which can lead to poor blood sugar control How to reduce your risk of diabetic complications such as blindness heart attacks nerve damage kidney disease and erectile dysfunction The essential tests that all diabetics must have regularly to maintain good health That a low glycemic index diet is not enough to lose weight and reverse type 2 diabetes Specific foods herbs and nutrients that help to reverse type 2 diabetes Also included is a two week meal plan and more than forty gluten free recipes suitable for type 2 diabetics These recipes will help you lose weight and lower your blood sugar level

*The Scienti-Fit* Dr. Kalpesh Malik, 2017-07-26 A renowned Cardiac Surgeon talks about the pitfalls in the field of medicine nutrition and fitness He takes you on a tour through the world of fitness logically and eloquently elucidating the various factors that lead to obesity and other lifestyle diseases such as diabetes hypertension and hypothyroidism The author explains how these conditions develop how they can be prevented and how they can be reversed most of the time He has also developed new techniques to achieve fat loss and muscle gain in the shortest possible time without the use of steroids

*Suzanne Somers' Get Skinny on Fabulous Food* Suzanne Somers, 2011-02-23 After the phenomenal success of *Eat Great Lose Weight* Suzanne Somers was flooded with letters and phone calls from people who had lost weight the Somersize way They had followed Suzanne's satisfying and effective program and for the first time had gained control over their weight and their health There was no more dieting no more deprivation and the pounds just seemed to melt away Now Suzanne takes readers to the next step toward greater health and fitness in *Suzanne Somers Get Skinny on Fabulous Food* With breakthrough research on food and our bodies an easy to follow weight loss plan and more than 130 amazing new Somersized recipes this book is a must read for anyone looking to shed pounds or maintain their weight even while eating meat cheese butter dressings desserts and other delicious foods not found on most eating plans Backed up by renowned endocrinologist Dr Diana Schwarzbein Suzanne tells how sugar not fat is responsible for weight gain and how

combining food properly and eating a diet that is low in carbohydrates and that includes plenty of natural fats and proteins will not only help you lose weight but also can reprogram your metabolism lower your cholesterol and blood pressure and give you more energy Somersizing is not a diet but a way of life In *Get Skinny on Fabulous Food* you will find inspiring testimonials from some of Suzanne s greatest success stories people who have lost weight lowered blood pressure and eliminated digestive problems by Somersizing And you can join Suzanne and her family as they celebrate good food and good times throughout the year with dinners brunches and other special occasion meals that are perfectly Somersized yet perfectly delicious It is almost impossible to believe you can lose weight and still feel so indulged Best of all Suzanne shares more than 130 new mouthwatering Somersized recipes including Milanese Beef with Saut ed Onions and Mushrooms in a Port Wine Sauce Spicy Rock Shrimp Salad Fried Rice with Shiitake Mushrooms Decadent White Chocolate Cake and Cr me Brul e Once again Suzanne Somers proves that you really can get and stay skinny on fabulous food Look for *Eat Great Lose Weight* now available in paperback

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