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Siple,2009-02-24 In the UK 7 out of 10 people over the age of 45 have high cholesterol levels Bupa 2007 Although there are no clear symptoms high cholesterol levels have been associated with heart disease and stroke two of Britain s biggest killers There are several factors that can cause high cholesterol an unhealthy diet being overweight and a lack of exercise are three of the main contenders As a result some of the best ways to control and reduce cholesterol levels are losing weight eating a heart healthy diet and taking regular exercise Although eating healthily may sound simple it s often difficult to know which foods to avoid when trying to lower cholesterol Fully adapted for the UK market Low Cholesterol Cookbook For Dummies reveals which food you should eat and helps readers make small changes to their diet to achieve big results Low Cholesterol Cookbook For Dummies includes The latest dietary and medical information on cholesterol and how to control it Over 90 delicious recipes as well as low fat cooking techniques and ways to lower cholesterol on a daily basis Sensible advice on finding the right foods when shopping planning menus and adapting recipes to suit family and friends **Commodity**

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The book delves into Controlling Cholesterol For DummiesR. Controlling Cholesterol For DummiesR is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Controlling Cholesterol For DummiesR, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Controlling Cholesterol For DummiesR
 - Chapter 2: Essential Elements of Controlling Cholesterol For DummiesR
 - Chapter 3: Controlling Cholesterol For DummiesR in Everyday Life
 - Chapter 4: Controlling Cholesterol For DummiesR in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Controlling Cholesterol For DummiesR. The first chapter will explore what Controlling Cholesterol For DummiesR is, why Controlling Cholesterol For DummiesR is vital, and how to effectively learn about Controlling Cholesterol For DummiesR.
3. In chapter 2, the author will delve into the foundational concepts of Controlling Cholesterol For DummiesR. This chapter will elucidate the essential principles that need to be understood to grasp Controlling Cholesterol For DummiesR in its entirety.
4. In chapter 3, the author will examine the practical applications of Controlling Cholesterol For DummiesR in daily life. The third chapter will showcase real-world examples of how Controlling Cholesterol For DummiesR can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Controlling Cholesterol For DummiesR in specific contexts. The fourth chapter will explore how Controlling Cholesterol For DummiesR is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Controlling Cholesterol For DummiesR. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Controlling Cholesterol For DummiesR.

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