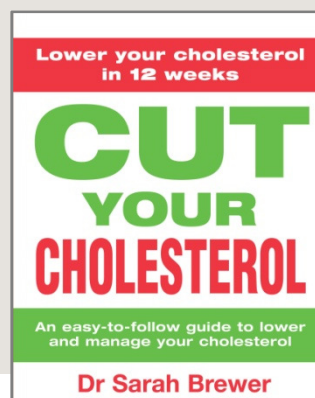


Title	Cut Your Cholesterol
Author	Dr Sarah Brewer
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Binding	Hardcover
Extent	64 pages
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Description

Cholesterol is found in every cell in the body. However, a high cholesterol level in the blood is associated with an increased risk of heart disease and stroke. Seven out of 10 people over the age of 45 have high cholesterol.

Cut Your Cholesterol demystifies the subject quickly, clearly and concisely. Packed with accessible information about cholesterol and advice to help you identify if you have raised cholesterol levels, the book includes a clinically proven three-month programme to help you wash cholesterol out of your system and improve your cholesterol balance.

Part 1: All about cholesterol

- what it is, what it does, ideal balance, who gets raised levels
- good and bad types (HDL, LDL, VLDL)
- what raises 'bad' cholesterol and lowers 'good' cholesterol: genes, diet, lifestyle
- risk factors for abnormal cholesterol balance, symptoms and signs
- how to test your cholesterol levels

Part 2: Lowering a raised cholesterol level

- diet (cholesterol-lowering super foods), vitamin supplements, herbal remedies
- exercise and lifestyle changes
- cholesterol-lowering medication and how it works

Part 3: Twelve week programme to improve your cholesterol balance

Including: diet, lifestyle, exercise and advice on supplements to take

Sales Points

- A quick and accessible reference for anyone concerned about their cholesterol balance
- Offers a clinically proven 12 week programme to help wash cholesterol out of your system
- Handy, practical format delivers quick, clear, concise information and advice about cholesterol

Author Profile

Dr. Sarah Brewer qualified as a doctor from Cambridge University, specialising in general practice and sexual health. She writes regularly for a variety of newspapers and magazines, taking a holistic approach that includes complementary medicine and nutritional supplements. She is the author of over 40 popular self-help books and was voted Health Journalist of the Year 2002. Sarah is currently completing a masters degree in nutritional medicine.