

THE 8-WEEK CHOLESTEROL CURE COOKBOOK

*More than 100 delicious recipes
featuring the foods proven
to lower cholesterol*

ROBERT E. KOWALSKI

AUTHOR OF THE

2-MILLION-COPY #1 NEW YORK TIMES
BESTSELLER THE 8-WEEK CHOLESTEROL CURE



Eight Week Cholesterol Cure Cookbook

Elaine Magee



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Kowalski,2012-05-31 This book will help you take control of your health with a complete tested and proven plan for reducing blood pressure without expensive drugs or complicated lifestyle changes The author s unique and clinically proven program will show you how to manage blood pressure with the amino acid arginine grape seed extract tomato extract cocoa and other all natural approaches Kowalski s step by step instructions for accurately testing blood pressure establishing new blood pressure goals and reaching those goals quickly will give you the opportunity to dramatically lower your blood pressure

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