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Digest

PLUS REMEDIES FOR THE
NEWEST RISK MARKERS:
Homocysteine, C-Reactive Protein,
Metabolic Syndrome, and more

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!

Cut Your Cholesterol Featuring The Exclusive Live It Down Plan

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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 *Unique Healing 2®* Donna Pessin, 2012-05-09 This book offers a unique insight into the core issues of integrative health and healing The program is

simple practical and workable for all ages I am a practicing urologist who has personally benefited and has instituted similar protocols in my practice A must read Charles R Wallace Jr MD Urology Uro Surgery Integrative Medicine The Unique Answer An amendment to the successful groundbreaking life altering book Unique Healing Unique Healing 2 provides additional tools for your success in healing your bowel and body with this unique program and eliminating your symptoms weight problems addictions and illnesses in a way that crutches vitamins supplements drugs exercise acupuncture massage chiropractic etc can't You will find detailed information on over 175 symptoms illnesses and addictions to help you and your children Additional information for your understanding of why healing your bowel and body with this program eliminates these is provided You are given very aggressive and effective recommendations for the correct crutches to use to eliminate or reduce these problems while you are healing your bowel and body An entire section of this book is devoted to weight loss and an explanation of how this unique program truly will lead you to long term effortless weight loss without the need to diet or exercise as well as to long term health free of disease unlike many other weight loss programs You will read success stories from many of the followers of this program and you will be directed to a large number of videos that correspond with the topics covered in this book for an even greater understanding of this process and for even greater success **Live**

Healthier, Live Longer ,1996 **Eat Well Live Well with High Cholesterol** Karen Kingham, Murdoch Books Test Kitchen, 2011-07-01 Low cholesterol recipes for everyday cooking The latest book in Murdoch Books special diet series Eat Well Live Well with High Cholesterol offers people a means to reduce their cholesterol levels with a balance of healthy eating and regular exercise With an informative introduction and full nutritional analysis for each recipe this book will be helpful in creating a complete diet for people with high cholesterol levels *The Prevention Get Thin Get Young Plan* Selene

Yeager, Bridget Doherty, 2000-12-01 In this unique 12 week plan you'll discover The amazingly simple method that has been scientifically proven to actually help you lose weight Includes a fun quiz that will help you identify new activities a handy way to figure out serving sizes a quick self test that will help you pick the right clothes and more **Foods for Health :**

Report of the Pilot Program National Heart, Lung, and Blood Institute. Foods for Health Project Group, 1983 **Live Smart** Tina Mahajan, 2013-01-18 Has your doctor told you that you need to lose weight and become healthier More importantly do you feel that you could live a healthier life but perhaps don't know where and how to start This book is designed as a guide to get you started on the path to healthier living It goes over the four major pillars of a healthy lifestyle which include diet exercise the mind and sleep All of these needs to be in place to feel your best This book will teach you how to eat exercise and sleep well Sample diet and exercise plans are also included Start living smarter today Exercise: A program you can live with ,2010 *Thriving with Heart Disease* Wayne M. Sotile, 2003 A unique program for you and your family Live happier healthier longer **What State Do You Live In?** RD Jerrod Libonati, Ms Libonati, 2008-12 **Jet** ,2000-02-28 The weekly source of African American political and entertainment news **Seven Secrets Cookbook** Neva

Brackett, Jim Brackett, 2006 Lose weight lower cholesterol reverse diabetes and enjoy delicious food at the same time It's not too good to be true *Prevention WALK YOURSELF SLIM A Four-Week Program to Step Up and Lose Weight* , *The Complete Book of Men's Health* Men's Health Books, 2000-08-22 Provides information on health related topics exercise diet and personal grooming *Men's Health* , 2006-01 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Reverse Diabetes Forever Newly Updated** Editors at Reader's Digest, 2016-10-04 In this comprehensive book you'll find the latest science and expert advice that enables you at long last to take control Learn how to shop cook eat and live well with diabetes **Cholesterol Cures** The Editors of Prevention Health Books, 2002-01-12 Completely revised and updated to contain the latest developments in combating cholesterol a valuable guide shows how to lower cholesterol through menu plans low fat dietary regimens and all natural remedies explains the new cholesterol guidelines released by the National Institute of Health features new sections on vitamins and herbs and much more Original 15 000 first printing Kiplinger's Personal Finance , 1986-02 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics

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