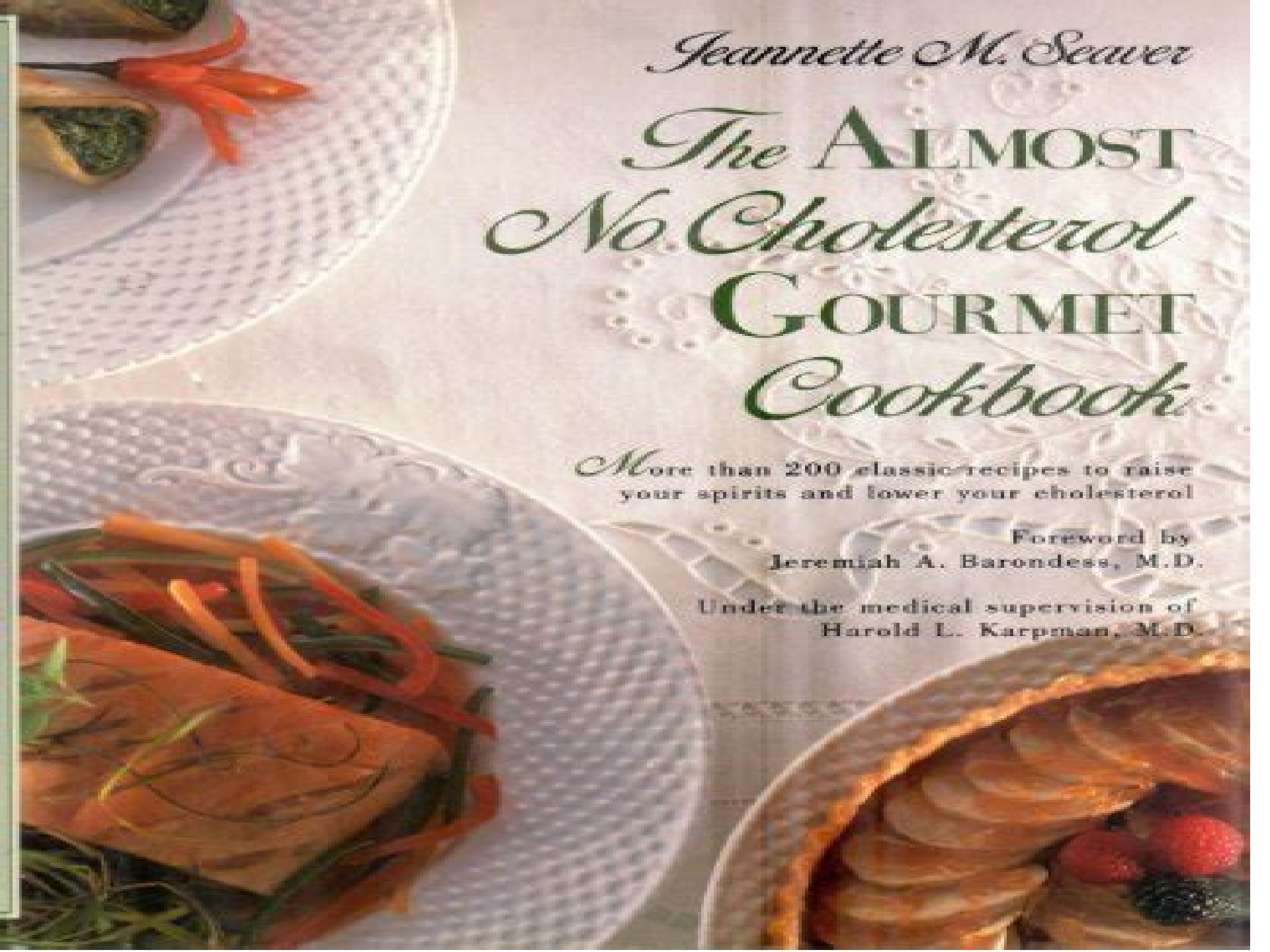




*Jeannette M. Seaver*

# *The ALMOST No Cholesterol GOURMET Cookbook*

*More than 200 classic recipes to raise  
your spirits and lower your cholesterol*

Foreword by  
Jeremiah A. Barondess, M.D.

Under the medical supervision of  
Harold L. Karpman, M.D.

# Almost No Cholesterol

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