



# **Cholesterol: The Complete Beginners Guide to Lowering Your Cholesterol Naturally In Just 30 Days (Lowering Foods, Heart Disease)**

*Sophia Hudson*

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## **Cholesterol**

**The Complete Beginners Guide to Lowering Your Cholesterol Naturally In Just 30 Days**

**Being diagnosed with high cholesterol can be scary. High levels of cholesterol in your blood can increase your risk of heart disease, which is the leading cause of death in the US.**

**Prescription medicine can help you manage this risk, but it can cause unpleasant and even dangerous side-effects. Is it possible to reduce your cholesterol naturally, without resorting to drugs like statins? The good news is that most people can make a dent in their cholesterol numbers through lifestyle changes, and it doesn't even take a long time.**

**Unfortunately, when you try to learn more about this topic you start to find a lot of conflicting information, confusion and uncertainty.**

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