



Lower Cholesterol: Use nuts and seeds to naturally lower your BMI, blood pressure and cholesterol

James Francis

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By making small changes to your lifestyle it is possible to see big returns.

By introducing nuts and seeds into your diet you will lower your cholesterol, lower your blood pressure, lose weight and feel great!

This book will guide you through which nuts are the best for you and what benefit you'll see by consuming just a small amount on a regular basis. In this book:

- What is cholesterol?
- How can nuts help your diet?
- What nuts are best for you?
- Full color photos throughout the book to help in the learning process

Start your journey to a healthier, happier life, right now!

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