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THE **8**-WEEK CHOLESTEROL CURE

REVISED EDITION

*How to Lower Your Blood Cholesterol by Up
to 40 Percent Without Drugs or Deprivation*

ROBERT E. KOWALSKI

with a Foreword by Albert A. Kattus, M.D.

8 Week Cholesterol Cure

Calvin Ezrin, Robert E. Kowalski



8 Week Cholesterol Cure:

The 8-week Cholesterol Cure Cookbook Robert E. Kowalski, 1989 Applying the principles outlined in *The Eight Week Cholesterol Cure* the author presents more than two hundred imaginative and easy to prepare recipes that can contribute to lower cholesterol levels

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Eight Week Cholesterol Cure Cookbook Robert E. Kowalski, 1989

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