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**KENNETH H. COOPER, M.D., M.P.H.**

*New York Times* bestselling author of *Controlling Cholesterol*

# Controlling Cholesterol The Natural Way

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*Natural Remedies: Simple Guide For Natural Cures* Katie O'Sullivan,2013-07-25 As the level of awareness increases on the benefits of using natural remedies many persons are trying to find some kind of guide to help them figure out what would be beneficial for them If that is the situation that you are in then you need to have a copy of *Natural Remedies Simple Guide For Natural Cures* This book can act as a guide to finding the best natural solutions that you need to remain healthy and get the body back in balance The author has had personal experience with trying to find accurate guides on the best natural remedies It was this that drove her to create something that was not so simple that persons would not want to read it or so technical that many will not understand it The aim she has is to appeal to as many individuals as possible teaching them the many benefits of natural remedies About the Author If you have had any challenges finding the right remedies to alleviate certain problems then you are in the same situation that Katie O Sullivan was in She had numerous challenges which ranged from maintaining the correct weight to recurring urinary tract infections As she struggled with the various situations going from one doctor to the next she decided that she simply has to solve the problem As the traditional forms of medicine were not working she made the decision to try some natural remedies as that really was the only option left Under the guidance of her doctor she did just that and soon found out that it worked like a charm She immediately shared her solution with close friends and even some family members With their encouragement and the full support of her husband she took things a step further and created a book that would outline some of the main benefits to other persons

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**Prescription for Dietary Wellness** Phyllis A. Balch CNC, 2003-05-26 Like its companion books the number one bestselling *Prescription for Nutritional Healing* and the newer *Prescription for Herbal Healing* *Prescription for Dietary Wellness* offers authoritative information that is research based and clearly written making it easy for the reader to quickly find the subjects in which he or she is interested and to incorporate the dietary recommendations into his or her daily life. Updates in this second edition include phytochemicals and antioxidants foods that boost immunity how to choose the most nutritious foods standout healing foods how to design a diet for your individual optimal health taking into account special dietary needs such as those of women children vegetarians and others food combining diet based healing techniques such as juicing fasting and detoxifying how to avoid potential dietary dangers including threats to water safety foodborne diseases food additives food irradiation antibiotics genetically engineered foods and undesirable substances such as caffeine cholesterol and sugar. While not a cookbook *Prescription for Dietary Wellness* also includes a number of easy wholesome recipes and advice on cooking methods. It is a complete practical guide to eating for good health.

**Body & Soul (Watertown, Mass.)**, 2002

**Natural Medicines and Cures** FC and A Publishing Staff, 1999-08

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**Vegetarian Times**, 2002

The Review, 1979

*Encyclopedia of Home Remedies* John Tish, Greg Tyler, 1997

**Bottom Line Year Book, 2006**, 2005

How to be Your Own Nutritionist Stuart Berger, 1987

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