

51 Ways To Lower Your Cholesterol



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Are you one of over 100 million people in America who have high cholesterol? You're certainly not alone... Did you know * Cholesterol comes from two places: Our body, and the food we eat * Our liver makes ALL the cholesterol we need * There is good cholesterol and bad cholesterol Did you also know * Playing golf can lower your cholesterol * Eating five fruits and vegetables can lower your cholesterol * Even nuts can help! Find all these tips and more by grabbing your copy Of 51 Ways to Lower Your Cholesterol -- Today! This Audio Ebook Comes With Full Master Resale Rights

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