

# Cholesterol Down Ten Simple Steps To Lower Your Cholesterol In Four Weeks Without Prescription Drugs

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## **10 Simple Steps to Lower Your Cholesterol in 4 Weeks**

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February 11th, 2019 - Janet Bond Brill Ph D R D LDN is author of the new book Cholesterol Down Ten Simple Steps to Lower Your Cholesterol in Four Weeks Without Prescription Drugs Random House Crown Publishing 2006 13 95 Dr Brill is a leading diet and nutrition author educator and practitioner

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January 8th, 2019 - Brill suggests ten simple steps to lower one's cholesterol without resorting to prescription drugs I am all in favor of that because nothing disturbs me more within the medical area of my life than the taking of prescription drugs

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