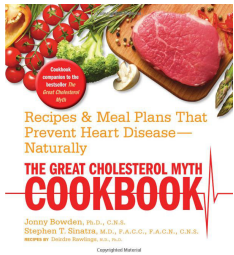


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## THE GREAT CHOLESTEROL MYTH COOKBOOK RECIPES AND MEAL PLANS THAT PREVENT HEART DISEASE NATURALLY EBOOKS 2019



Author: Stephen.S

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For decades, low-fat and low-cholesterol diets have been touted as the way to prevent and reverse heart disease. In this groundbreaking book, [The Great Cholesterol Myth](#), [Jonny Bowden](#) and [Stephen Sinatra](#) debunked that assertion, arguing that fat--often curtailed on traditional low cholesterol "heart-healthy" diets--is not the enemy and may in fact be part of the solution. Now, in [The Great Cholesterol Myth Cookbook](#), the authors and nutrition expert and whole foods chef [Deirdre Rawlings](#), Ph.D., put their findings into action with a detailed meal plan and 100 delicious and nutritious recipes that will prevent and reverse heart disease and give you back the foods you thought were gone forever. Learn how to live a life free of heart disease without the use of harmful statin drugs. Based on the latest studies, discover why sugar (not fat), inflammation, stress, and high-carb diets full of processed foods are the true culprits of heart disease. Combat heart disease with 100 mouthwatering recipes designed to satisfy your taste buds, provide key nutrients, and keep your heart healthy. Recipes included:

- Veal Scaloppini Supreme
- Luscious Lemon Yogurt Cake
- Anti-Inflammatory Turmeric Turkey Burgers
- Soul Warming Tuna Lasagna
- Fortifying Flourless Chicken Flapjacks
- Hearty Mediterranean Frittata
- Energizing Thai Spice Chicken Salad
- Gluten-Free Mediterranean Veggie Pizza
- Protein-Packed Vegetarian Shepherd's Pie
- Sweet and Spicy Beef or Chicken Stir Fry

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