



**How to lower your  
cholesterol without drugs**

# Lower Cholesterol Without Drugs

**Kenneth H. Cooper, William Proctor**



## **Lower Cholesterol Without Drugs:**

*Lower Your Cholesterol Without Drugs* Roger Mason, 2012-07-03 According to the American Heart Association high cholesterol is the leading cause of coronary heart disease which continues to be the number one killer in North America While millions of Americans take prescription medications to lower their cholesterol the fact is these drugs often have very dangerous side effects In his updated edition of *Lower Your Cholesterol Without Drugs* best selling author Roger Mason offers you safe and natural alternatives to effectively lower your cholesterol levels He does so in a no holds barred manner separating the fairy tales from the scientifically valid truths Divided into two parts the book first looks at the causes of high cholesterol citing primarily poor diet and nutrition Part Two details how a balanced vitamin rich diet can naturally and safely lower cholesterol The author explains which foods to avoid and offers important tips on how to read the nutrition labels on food packages In addition the author provides information on natural supplements that can help lower even genetically high cholesterol If you think it's time to achieve a healthy cholesterol level without using risky prescription drugs you have come to the right place Doing so is neither complicated nor expensive it is simply a matter of knowing the simple steps to take In *Lower Your Cholesterol Without Drugs* you will have the solution in hand [High Cholesterol: Natural Cure Without Drugs](#), 2024-04-20 As a clinician working in my clinical practice for the last 35 years I have seen many cases of patients with high cholesterol levels and more importantly high LDL lipoproteins It appears that the number of patients seems to be increasing yearly and most of them have already started taking Statin drugs in order to control their cholesterol levels When I tell them that it is possible to come off these drugs and stabilize their cholesterol and LDL levels naturally while also optimizing their overall health and wellbeing they look at me like I'm from another planet I understand why this is the case I really do If these patients who have usually seen a few medical doctors before sitting in front of me have been told that the only answer to their cholesterol problem is to take pills then who am I to disagree with the mainstream This is one of the reasons why I wrote this book in order to give people the information that they need to empower them to take responsibility for their health and become drug free and healthier in the meantime If you KNOW what to do then it's not difficult I have witnessed hundreds of patients stabilizing their blood fats and getting better by making the changes that I am recommending in this book The beauty is that it does not take very long to achieve the desired results if everything I recommend in this book is implemented then you should see permanent results in 90 days I sincerely hope that you become one of the lucky ones who follows through on the recommendations I give and optimizes your health when you get there please write to me and let me know what you achieved Let's begin our health journey by answering some of the basic questions like what is cholesterol Is there bad and good cholesterol What is the normal range Why do we need cholesterol and more **Lower Blood Pressure Without Drugs** Roger Mason, 2012-05-21 High blood pressure can cause strokes heart attacks and congestive heart failure but while prescription drugs may relieve this problem they often have dangerous side effects Fortunately there are natural

alternatives This book first examines the major causes of this disorder including poor nutrition and obesity It then details how a healthy diet rich in vegetables beans and whole grains can regulate blood pressure and improve health The author also discusses supplements that can enhance well being      **Lower Blood Pressure Without Drugs** ,2020-04-02 Over sixty five million Americans have high blood pressure Although prescription drugs may effectively treat this problem they have potentially dangerous side effects Fortunately natural alternatives are available In this updated edition of Lower Blood Pressure Without Drugs best selling author Roger Mason provides a proven nutritional approach to lowering blood pressure safely and naturally The book begins by explaining what hypertension is what causes it and how it is diagnosed From there it goes on to describe how a simple diet rich in whole grains and low in fat can improve both blood pressure and general health This is followed by chapters that address such key topics as the best nutritional supplements to take which exercises are most effective how to maintain hormonal balance and just as important how to overcome poor dietary and lifestyle habits Lower Blood Pressure Without Drugs can be your first step towards safely and effectively improving your health      The Natural Prostate Cure Roger Mason,2012-06-06 By the age of fifty three out of four men have enlarged prostates which can lead to serious health problems including prostate cancer The Natural Prostate Cure provides unique and effective alternatives to traditional treatments such as surgery and chemotherapy The author begins with a lesson in nutrition and the best supplements to take for prostate health He then details the causes of and natural treatments for common prostate disorders Finally he discusses natural hormone treatments that can prevent and combat prostate disease      **Good Health Naturally Without Drugs** Norman Jollyman,2002 The book outlines some of the theories about the ageing process a natural process but one which can slowed down but it is main objects is to suggest ways of keeping healthy and keeping disease at the bay      Foods To Lower Cholesterol Owen Jones,2025-10-03 High cholesterol is one of the most significant risk factors in the development of heart disease However the good news is that diet can play a powerful r le in managing it Foods to Lower Cholesterol Discover the Science Behind Food and Cardiovascular Wellness is a clear practical guide that helps you understand how everyday foods can influence cholesterol levels and overall cardiovascular health Instead of focusing on complicated diets and recipes or prescriptions this book explains in simple terms the science behind good and bad cholesterol and shows how smart food choices can reduce risk naturally You ll learn which foods support healthy arteries which ones to avoid and how small consistent changes in eating habits can add up to long term benefits Whether you ve been diagnosed with high cholesterol have a family history of heart disease or simply want to protect your health this book offers an empowering approach to lowering risk and living better      **Diabetes without Drugs** Suzy Cohen,2010-11-09 Based on breakthrough studies Cohen s program reveals how people with diabetes can reduce their need for prescription medication and minimize the disease s effect on the body Most doctors consider diabetes a one way street once you have it your only option is to manage the symptoms with a restricted diet close monitoring of blood sugar and expensive medications

Pharmacist Suzy Cohen shows that diabetes can be treated instead through safe natural means like food and vitamins rather than strictly relying on prescription drugs. She shifts the focus away from glucose management to a whole body approach using supplements, minerals, and dietary changes to lose weight, repair cell damage, improve insulin function, and reduce the side effects from prescription drugs, many of which rob nutrients from the body and cause additional symptoms. This 5 step program uses natural alternatives such as drinking nutrition packed green drinks, adding vitamin D, and anti-inflammatory supplements, increasing fiber intake, and including minerals in the diet to help restore the body's own supply of insulin. Diabetes without Drugs explains how patients can protect their heart, kidneys, eyesight, and limbs from the damage often caused by diabetes and shows the impact that the right foods and the right supplements can make in reducing blood sugar levels, aiding weight loss, and restoring vibrant health to everyone with diabetes.

Say No To Heart Disease Patrick Holford, 2012-09-06. We have a 50 per cent chance of dying from heart or artery disease. However, these devastating diseases can be prevented by using a simple yet powerful medicine: food. In Say No to Heart Disease, you will learn how eating the right foods and correctly supplementing your diet can eliminate your chances of a heart attack, lower your blood pressure, reverse artery disease, maximise recovery after a stroke or heart attack, and add twenty years to your healthy lifespan. Informative and practical, it describes the cardiovascular system and what goes wrong with it, the key theories on the major contributors to heart disease, how to work out your own risk, and which areas of your diet and lifestyle to focus on in order to minimise your risk. It also gives advice on maximising recovery from a heart attack or stroke.

Prevent High Blood Pressure and Dementia Without Medication Ken Casey, 2023-02-07. This book shows how to prevent high blood pressure, diabetes, osteoporosis, arthritis, and dementia without medication. The book shows how to lower blood pressure by the use of potassium and garlic supplements. The book then demonstrates how to reduce diabetes using the 8 hour maintenance diet, which effectively reduces insulin resistance by unclogging fat from the cell's receptors. The book next shows how to reduce osteoporosis by reducing blood acidity using alkaline supplements as a buffer. The book then points out the benefits of exercise in preventing arthritis by removing waste products from the joints. The book lastly points out the benefits of NAD and PQQ in preventing dementia and Alzheimer's disease by improving the health and number of brain cell mitochondria.

Testosterone Is Your Friend Roger Mason, 2018-08-29. Although testosterone is considered a male sex hormone, what many people don't realize is that this vital hormone is also present in females. For men, it is mainly responsible for stimulating and controlling characteristics that are considered masculine, like muscles and hair growth. However, for both sexes, low testosterone levels can cause countless health problems, including memory loss, anxiety, and depression, osteoporosis, increased cholesterol levels, weight gain, sexual dysfunction, and infertility. While testosterone supplements are available, most are ineffective, and some are even dangerous. In the updated third edition of Testosterone Is Your Friend, author Roger Mason presents the latest and most effective natural treatments and supplements to help raise testosterone levels. The book begins

by looking at how the body uses testosterone and how this hormone functions differently in men and women. Later chapters examine how testosterone deficiency affects various health conditions. In addition to presenting safe treatments for elevating testosterone levels naturally, the author also explains how simple it is to test the levels yourself. It's time to re-energize. With *Testosterone Is Your Friend*, you will have the latest information on how to increase your testosterone levels safely and naturally. By following the advice within, you can improve not only your sex life but also the overall quality of your life.

**Controlling Cholesterol the Natural Way** Kenneth H. Cooper, William Proctor, 2008-12-10 Dr. Kenneth H. Cooper's all new plan to lower cholesterol without drugs. The Old News: Elevated levels of cholesterol put you at risk for heart attack and stroke. The New News: Now you can control cholesterol naturally. Dr. Kenneth H. Cooper, a leading authority on controlling cholesterol, shares his all new plan for balancing your blood lipids without drugs and without side effects. Drawing on clinical trials and the most up-to-date medical research, Dr. Cooper explains how exciting new food discoveries can give you a revolutionary new way to manage your cholesterol. Inside, you'll discover how the new functional foods such as Benecol and Take Control can lower bad cholesterol while improving the ratio between good and bad cholesterol in only three weeks. How these anti-cholesterol foods work, why they are safe to use, and who should use them. How Dr. Cooper's approach can end or greatly reduce your use of prescription cholesterol-lowering medications. Expert advice on diet and exercise, including recipes and more amazing nutritional discoveries. And much more. You don't have to go farther than your fridge to find an effective nonprescription cholesterol-controlling product. *Healing The Body Without Prescription Drugs* Marko Mut, 2019-05-31 Nature has provided us with an expansive pantry of fragrant and flavourful herbs and foods with wonderful healing properties. Though Westernisation has overtaken the use of natural remedies, there are a number of powerful plants packed with restorative vitamins and minerals we can all use to heal our bodies without resorting to prescription drugs. This eBook gives you an extensive wealth of information, and this is what's on offer: Home Remedies To Fix Acidic Body, Home Remedies For Acne, How To Treat Alcoholism, Home Remedies For Allergies, How To Prevent Or Delay Alzheimer's Disease, Home Remedies For Anemia, Home Remedies For Anorexia, How To Treat ADHD Naturally, Home Remedies For Autoimmune Diseases, Home Remedies For Bad Breath, Home Remedies For Burping/Belching, Home Remedies For Minor Burns, Home Remedies For Bipolar Disorder, Home Remedies For Bed Wetting, How To Improve Blood Circulation, Boils And Abscesses, All Natural Home Remedies, Home Remedies For Bruises, Home Remedies To Treat A Kidney Infection At Home, Detoxification Plan, Cleansing Your Liver, Prevention, Treatment Of Stroke, Signs And Symptoms Of Mini Stroke/TIA, DIY Fat Burning Detox Smoothie, Home Remedies For Bad Breath, Home Remedies For Chest Pain, How To Get Clear And Sparkling Eyes Naturally, Home Remedies For Clogged Arteries, Possible Signs For Clogged Arteries You Need To Know, Home Remedies For Constipation, Home Remedies For Damaged Hair, Home Remedies For Dizziness, How To Get Rid Of A Double Chin, Home Remedies For Eczma, How To Deal With Epilepsy, Home Remedies For Fatty Liver Disease, Home Remedies For Female Infertility, Home Remedies

For Fibroids Home Remedies For Food Poisoning Home Remedies For Gallstones Home Remedies For Gas Home Remedies For Hiccups How To Treat A Hoarse Voice Naturally How To Balance Hormone Levels Naturally Home Remedies For Hot Flashes In Women Home Remedies For Insomnia Sleeping Disorder Home Remedies For Intestinal Stomach Worms Home Remedies For Irritable Bowel Syndrome IBS Home Remedies For Itchy Eyes How To Treat Itchy Skin Naturally Home Natural Remedies For Jaundice Home Remedies For Kidney Stones Home Remedies For Vaginal Discharge Home Remedies For Heavy Menstrual Bleeding Home Remedies For Muscle Pain Home Remedies For A Muscle Strain Home Remedies For Muscle Weakness Home Remedies For Nausea Home Remedies For Neck Pain How To Strengthen Your System Home Remedies For Nose Bleed Home Remedies For Numbness In Hands Feet Home Remedies For Heart Palpitations How To Deal With Anxiety Panic Attacks Naturally Home Remedies For Pink Eye Home Remedies For Pneumonia Home Remedies For Psoriasis Home Remedies For Rashes Home Remedies For Rosacea Home Remedies For A Runny Nose Home Remedies For Itchy Scalp Home Remedies For Shingles How To Manage Shortness Of Breath Home Remedies For Shoulder Pain Home Remedies For Sneezing How To Stop Snoring Home Remedies For A Sore Throat Home Remedies To Increase Sperm Count How To Get Rid Of A Stiff Neck Home Remedies For A Stomach Ulcer How To Beat Your Sugar Addiction Home Remedies For Excessive Sweating Home Remedies For Sunburn Top Tips To Boost Testosterone Naturally Home Remedies For Tonsillitis Home Remedies For Toothache Home Remedies For An Upset Stomach How To Get Rid Of Upper Abdominal Pain Home Remedies For Urinary Tract Infection UTI Home Remedies For Vaginal Itching Burning Home Remedies For Vaginal Thrush Home Remedies For Varicose Veins Home Remedies For Vertigo Home Remedies For Gout     **No More Horse Estrogen** Roger Mason,2001     **Federal Trade Commission Decisions** United States. Federal Trade Commission,2001

**Power of Thin** Steve G. Jones, Frank Mangano, 2012-02-01 Finally a program that promotes weight loss effectively safely naturally and best of all permanently Have you tried to lose weight again and again without results Tired of trying and failing Then this groundbreaking new weight loss regimen is for you It will teach you to harness the most powerful weapon you have in the battle of the bulge your mind First you ll gain access to the solid hypnosis techniques used by Steve G Jones so you can reprogram your subconscious mind to operate in alignment with your new lifestyle Then you ll gain access to the years of in depth research conducted by consumer health advocate Frank Mangano and his team so you ll know which foods and resources to turn to once your mindset has changed Finally you will learn how to use the same techniques that Steve and Frank have used to attract everything they desire into their lives With these tools and techniques you ll be able to attract and keep the body mind and level of health that you so rightly deserve     **The 100 Best Ways to Stop Aging and Stay Young** Julia Maranan, 2011-01-01 There is plenty of hype and hoax when it comes to anti aging and longevity remedies The 100 Best Ways to Stop Aging and Stay Young offers safe credible effective strategies backed up by scientific research 100 simple action oriented nutritional exercise and lifestyle tips that address all aspects of aging from wrinkles fatigue and slowing

metabolism to strategies for keeping brain bones and heart healthy and strong Most methods take 10 minutes or less Examples include 1 Vitamin C fights wrinkles by feeding skin s supporting structure collagen and elastin 2 30 minutes of aerobic exercise a day boosts memory and fights dementia and Alzheimer s 3 Meditation boosts immunity and may head off illness Unlike other books that have a complicated plan that readers must adopt 100% this guide gives readers a buffet of nutritional exercise and lifestyle options they pick and choose from and integrate into their lives *The Natural Diabetes Cure* Roger Mason,2013-02-14 Nearly twenty million people in North America have diabetes and each year the number continues to grow What s most distressing is that diabetes can be easily prevented by simply maintaining a healthy balanced diet Unfortunately many people don t realize the serious consequences of that routine trip to their favorite fast food restaurant Fortunately however best selling author and health advocate Roger Mason is here to help with his updated edition of *The Natural Diabetes Cure* In it he provides a simple yet effective nutritional approach to preventing and combating diabetes Divided into two parts *The Natural Diabetes Cure* begins by explaining how diabetes develops its major causes and the severe health risks associated with this metabolic disorder Part Two details how a balanced diet of whole grains fresh fruits vegetables and healthy fats not only helps improve health and well being but also prevents conditions like high blood pressure obesity and insulin resistance which can lead to type 2 diabetes Additional chapters discuss the key vitamins and supplements that can help those with diabetes regulate their blood sugar levels Also included is a practical chapter on how to test insulin levels at home Living with diabetes does not have to be a life sentence You have the power to free yourself from this disorder *The Natural Diabetes Cure* with the very latest information on natural safe and effective treatments will show you how *Better Health through Natural Healing, Third Edition* Ross Trattler, N.D., D.O.,Shea Trattler,2013-11-05 The definitive reference book for alternative medicine health and healing nutrition herbs and herbal medicine and natural health care is fully updated in this third edition First published in 1985 *Better Health through Natural Healing* has become one of the most successful and authoritative resources of its type with more than 1.5 million copies sold worldwide Since the original publication of this comprehensive guide alternative therapies have become more and more accepted by the mainstream and patients and practitioners of the wider medical community are embracing complementary medicine as an effective treatment option for a range of medical conditions This third edition has been fully revised by Dr Ross Trattler with the assistance of his son osteopath Shea Trattler to encompass recent developments in holistic medicine and healing The first part of the book clearly explains the principles of natural medicine including diet osteopathy naturopathy botanical medicine hydrotherapy physiotherapy and homoeopathy The second part offers practical advice for the treatment of over 100 common diseases and ailments that individuals and families face The A Z compendium ranges from acne and alcoholism to menstrual disorders and migraines to warts and whooping cough A comprehensive self help guide to natural medicine *Better Health through Natural Healing* is an essential reference book for health care practitioners and for anyone seeking to heal illness



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## Decoding **Lower Cholesterol Without Drugs**: Revealing the Captivating Potential of Verbal Expression

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