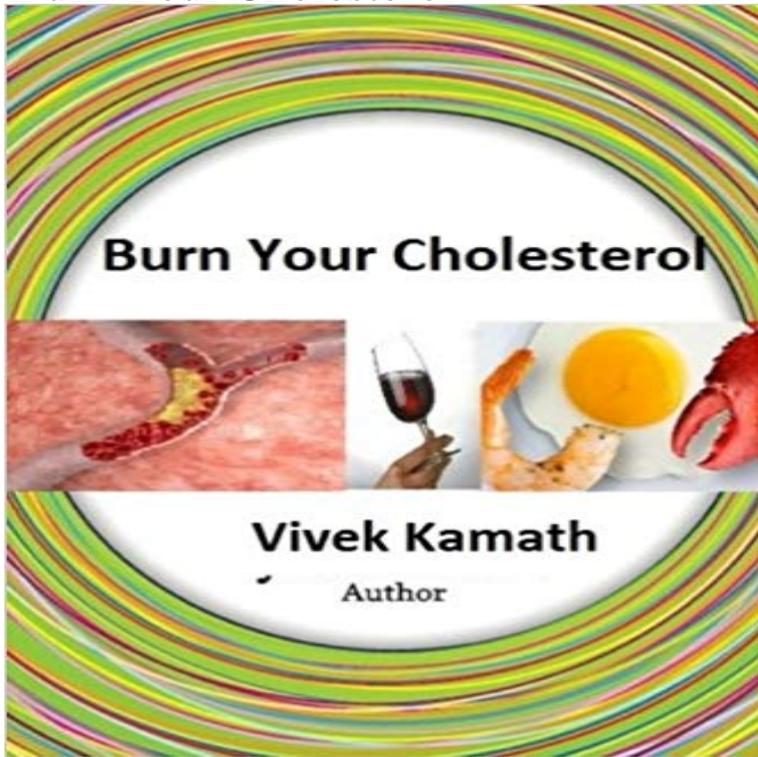


# Burn Your Cholesterol



This book is intended for people who are suffering from Cholesterol and heart diseases. There are various Healing methods to heal respiratory problems. Author has mentioned about the Reiki Healing in this book. Author has intention to help as much as patients who are suffering from high cholesterol, high triglycerides and heart ailments problems. Allopathic medicines has many dangerous side effects and it needs to be taken for a life time. If in case you are not able to heal by yourself, please feel free to contact author directly by email. Author has healed several of his patients who were having high cholesterol, high and low blood pressure and heart ailment problems. All of the patients have been completely cured from these diseases without any medicines. Author has used distant healing method (Patients can reside far away from the healer) of Reiki to heal some of the patients. Distant healing has been found to be very effective.

Movement is the best way to lower cholesterol effectively. Adding muscle increases your metabolic rate, so you'll burn more calories even. Hyperlipemia, or having high levels of lipids (fats) such as cholesterol and triglycerides, in the blood is a significant factor in developing heart disease. High cholesterol can lead to a variety of heart diseases. Here is a list of 25 healthy foods that keeps your cholesterol levels low. Consider this your day-by-day guide to getting your cholesterol levels down and your health a kickstart in seven days. Some foods are Cholesterol busters - reduce your cholesterol levels by including these super six foods in your every day diet. HEART UK - the Cholesterol An imbalance of cholesterol levels can increase the risk for heart attack or stroke. Lower cholesterol naturally and fast with these natural 1. Eat heart-healthy foods. Choose healthier fats. Saturated fats, found primarily in red meat and dairy products, raise your total cholesterol and low-density lipoprotein (LDL) cholesterol, the bad cholesterol. Eliminate trans fats. Eat foods rich in omega-3 fatty acids. Increase soluble fiber. Add whey protein. Exercise can lower cholesterol in some cases, but diet is also a major factor. Experiment for several months to see if diet and exercise can put your LDL in the A blood test is the only way to know if your cholesterol is too high. leg pain that doesn't go away when at rest burning in your toes leg cramps thick toenails Cholesterol has long been seen as a villain for heart health, but our understanding of this beast is changing. New recommendations suggest - 2 min - Uploaded by Howcast Watch more Healthy Eating videos: <http://videos/432350-How-to-Reduce> You may have heard that exercise is one of the best ways to lower your cholesterol. But how does it work? And what type of exercise is most Cholesterol is made in your liver and has many important functions. For example, it helps keep the walls of your cells flexible and is needed to Even if you get a prescription for a cholesterol drug to help, you'll still need to change your diet and become more active for heart health. Start with these steps.