

# Controlling Cholesterol the Natural Way



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Eat Your Way to Better Health  
with  
New Breakthrough Food Discoveries

**KENNETH H. COOPER, M.D., M.P.H.**  
New York Times bestselling author of *Controlling Cholesterol*

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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.

作者介绍:

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