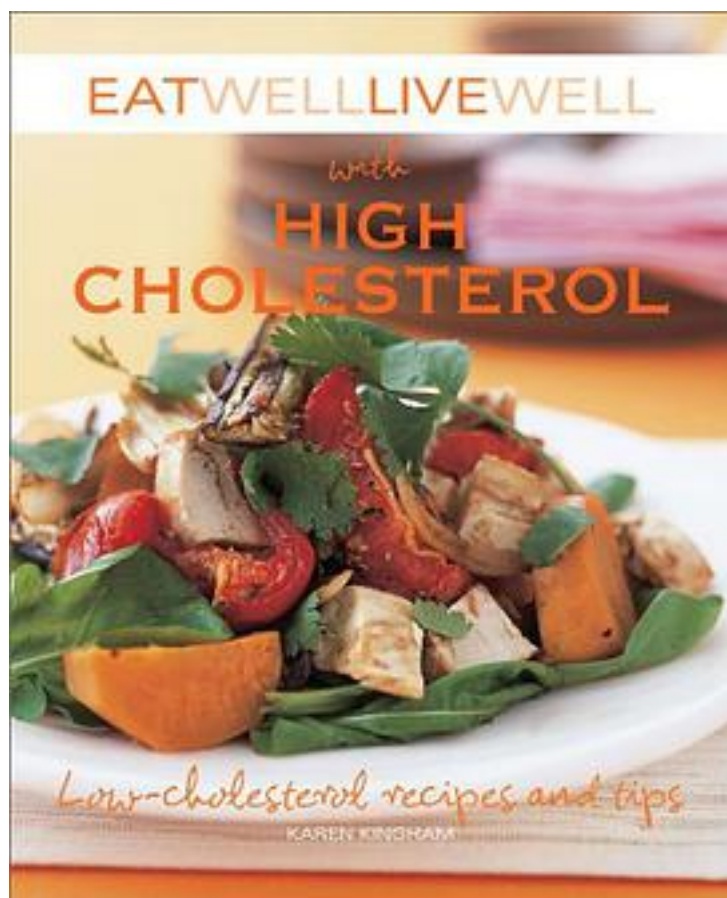


# Eat Well Live Well with High Cholesterol



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The latest book in Murdoch Books' "Special Diet" series, "Low Cholesterol" offers people a means to reduce their cholesterol levels with a balance of healthy eating and regular exercise. With an approachable and informative introduction written by a respected nutritionist and over 100 beautifully presented recipes, each individually

selected to achieve a healthy low-cholesterol diet, this book is sure to be a welcome addition to many kitchens.

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