



# **The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will**

*Jonny Bowden, Stephen Sinatra, Deirdre Rawlings*

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In The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease, nutrition and health experts lay out detailed plans and recipes to help you prevent and reverse heart disease.

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