



Bring Your Triglycerides Down Naturally: A Drug-Free Solution to High Blood Lipids. Revised and Expanded 2nd Edition

Andrew Mierzejewski

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Expanded, revised and up-to-date second edition of this much sought-after book on high blood triglycerides. Some of the most important insights you can learn from this comprehensive source of practical information include: 1) health risks marked by high blood triglycerides; 2) right and wrong foods to lower (and prevent) elevated blood triglycerides; 3) effects of high-carbohydrate diet on the triglycerides synthesis and metabolism; 4) standard medical treatments and triglyceride-lowering prescription drugs; 5) dietary and lifestyle changes necessary to optimize blood lipid profile; and 6) the unique dietary supplement that could be a regular part of your lifestyle as it would optimize the blood triglyceride levels. Authored by Andrew Mierzejewski, RHN, MA, an accomplished registered holistic nutritionist and president of Full of Health Inc., this 182-page long, patient-centered book answers all questions and concerns you might have about triglycerides, their role in our health and the means of controlling them naturally, without multiple prescription drugs most conventional doctors recommend today. "Usually, there are no symptoms of high levels of triglycerides and hypertriglyceridemia may not be diagnosed until serious illnesses occur," reminds the author of the book. So we all need to beware. According to Andrew Mierzejewski, "the nutritional approach to elevated blood lipids is something almost everybody can do on his or her own and get real results - as opposed to taking risky medicines." "Although we might often wish otherwise," he concludes, "there are no »quick fixes« or »magic pills« on the road to well-being. Good health requires good will, courage and persistence. Who will make us well? We will!"

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