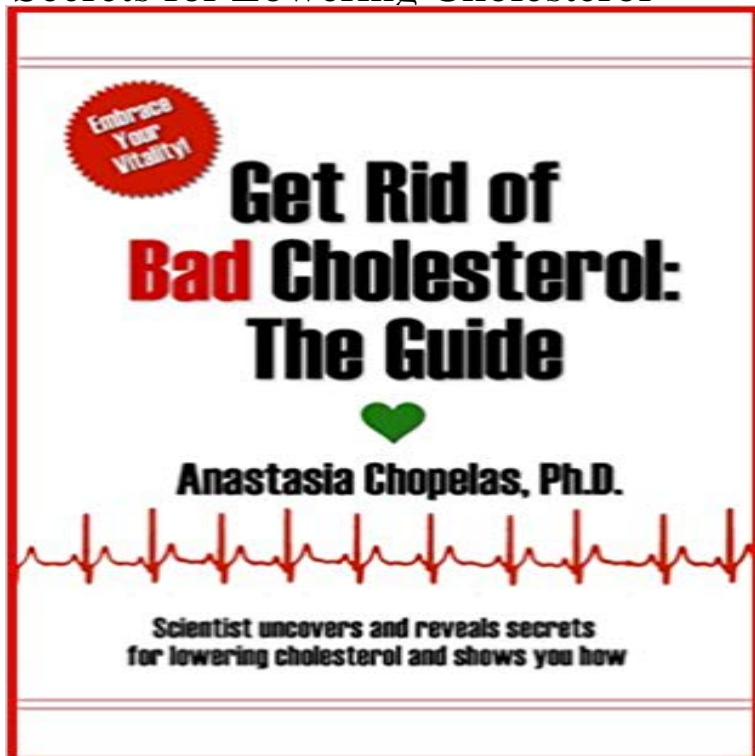


Get Rid of Bad Cholesterol - The Guide: Scientist Uncovers and Reveals Secrets for Lowering Cholesterol



In Get Rid of Bad Cholesterol The Guide you will learn... *The Fastest ways to lower your Cholesterol, naturally *Simple mental attitude adjustments that make a huge difference *The difference between Good and Bad cholesterol *Lifestyle tips that make all the difference in lower cholesterol *Eat as much as you want of these super-foods and blitz cholesterol *Herbs and Supplements that are known to help lower cholesterol Dr. Anastasia Chopelas has had a lifelong interest in nutrition and health inspired initially by her father. She looked into studying nutrition and health in college but found that the program offered was too superficial. The study of chemistry and biochemistry allowed understanding of biochemical processes from a molecular level. Prof. Chopelas received her Ph.D. in 1981 in Chemistry at UCLA. She has worked in a research environment since at various institutions all over the world. She has returned to UCLA to be near and help her aging parents. While her many interests took her into studying the Earth and planets, she studied widely and avidly on health, maintained a healthy lifestyle, including proper diet, and exercise. Despite that, Dr. Chopelas developed high blood pressure, high cholesterol, arthritis and grew a huge fibroid tumor in her 40s. After menopause in her 50s, she became obese. She healed herself of all these things WITHOUT medication by diving into nutrition and health studies with the same vigor and analytic approach as her research. She developed a mind set and approach that has helped many others. She hopes her experience and knowledge will be of benefit to you too! Embrace your vitality!

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