

A PRACTICAL GUIDE TO USING DIET, SUPPLEMENTS  
AND EXERCISE FOR HEALTHY CHOLESTEROL LEVELS



# LOWER YOUR CHOLESTEROL WITHOUT DRUGS

## CURING HIGH CHOLESTEROL NATURALLY

SECOND EDITION

# ROGER MASON

BEST-SELLING AUTHOR OF THE NATURAL PROSTATE CURE

# Lower Cholesterol Without Drugs

**Roger Mason**

## **Lower Cholesterol Without Drugs:**

The Natural Prostate Cure Roger Mason, 2012-06-06 By the age of fifty three out of four men have enlarged prostates which can lead to serious health problems including prostate cancer The Natural Prostate Cure provides unique and effective alternatives to traditional treatments such as surgery and chemotherapy The author begins with a lesson in nutrition and the best supplements to take for prostate health He then details the causes of and natural treatments for common prostate disorders Finally he discusses natural hormone treatments that can prevent and combat prostate disease

## **Prevent High**

**Blood Pressure and Dementia Without Medication** Ken Casey, 2023-02-07 This book shows how to prevent high blood pressure diabetes osteoporosis arthritis and dementia without medication The book shows how to lower blood pressure by the use of potassium and garlic supplements The book then demonstrates how to reduce diabetes using the 8 hour maintenance diet which effectively reduces insulin resistance by unclogging fat from the cell s receptors The book next shows how to reduce osteoporosis by reducing blood acidity using alkaline supplements as a buffer The book then points out the benefits of exercise in preventing arthritis by removing waste products from the joints The book lastly points out the benefits of NAD and PQQ in preventing dementia and Alzheimer s disease by improving the health and number of brain cell mitochondria

**Testosterone Is Your Friend** Roger Mason, 2018-08-29 Although testosterone is considered a male sex hormone what many people don t realize is that this vital hormone is also present in females For men it is mainly responsible for stimulating and controlling characteristics that are considered masculine like muscles and hair growth However for both sexes low testosterone levels can cause countless health problems including memory loss anxiety and depression osteoporosis increased cholesterol levels weight gain sexual dysfunction and infertility While testosterone supplements are available most are ineffective and some are even dangerous In the updated third edition of Testosterone Is Your Friend author Roger Mason presents the latest and most effective natural treatments and supplements to help raise testosterone levels The book begins by looking at how the body uses testosteroneand how this hormone functions differently in men and women Later chapters examine how testosterone deficiency affects various health conditions In addition to presenting safe treatments for elevating testosterone levels naturally the author also explains how simple it is to test the levels yourself It s time to re energize With Testosterone Is Your Friend you will have the latest information on how to increase your testosterone levels safely and naturally By following the advice within you can improve not only your sex life but also the overall quality of your life

Apple Cider Vinegar Larry Trivieri, 2017-05-10 Find out why millions of people around the world have for centuries turned to apple cider vinegar as a powerful remedy for treating many of their most common health conditions and learn how you too can use it to resolve many of your own health complaints For centuries apple cider vinegar has been used as a folk remedy to treat a host of health issues from indigestion and low energy to sore throats and toothache It is also a remarkable beauty aid that can help remove unwanted blemishes and add strength and sheen to hair And that s

just the tip of what this amazing elixir can do Best selling health author Larry Trivieri Jr has written this practical guide to the many well known benefits of apple cider as well as the elixir s newly discovered powers as a natural anti inflammatory Apple cider vinegar Helps promote weight loss Lowers blood cholesterol Controls blood glucose levels Increases energy levels Relieves nasal congestion Alleviates indigestion Fights gum disease and toothache Freshens breath and whitens teeth Soothes bee and wasp stings And so much more This book begins by looking at the long history of apple cider vinegar use and examines the science behind its many benefits It then explains how you can choose the best apple cider vinegar and even tells you how to make it at home The main section of this book is a complete A Z guide that shows you how to use apple cider vinegar to prevent and reverse over 80 common health conditions and to improve and maintain the health and appearance of your hair skin teeth and gums Each entry includes a clear discussion of the topic explains how and why apple cider vinegar works to help each condition and then guides you on how to most effectively use it Apple Cider Vinegar is the most complete and comprehensive book of its kind By applying what you will learn in it you will take an important step to better and longer lasting health

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**Lower Cholesterol Without Drugs** Roger Mason,2001 Lower Cholesterol Without Drugs by Roger Mason provides a no nonsense practical guide using diet and supplements to achieve success

*Natural Healing and Prevention Secrets* James Robinson,Nancy Nielson,1996

**Love and Survival** Dean Ornish,2016-05-10 The Medical Basis for the Healing Power of Intimacy We all know that intimacy improves the quality of our lives Yet most people don t realize how much it can increase the quality of our lives our survival In this New York Timesworld renowned physician Dean Ornish M D writes I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy Not diet not smoking not exercise not stress not genetics not drugs not surgery He reveals that the real epidemic in modern culture is not only physical heart disease but also what he calls spiritual heart disease loneliness isolation alienation and depression He shows how the very defenses that we think protect us from emotional pain are often the same ones that actually heighten our pain and threaten our survival Dr Ornish outlines eight pathways to intimacy and healing that have made a profound difference in his life and in the life of millions of others in turning sadness into happiness suffering into joy

*The Natural Way to a Healthy Heart* Stephen Holt,1999-11-29

Dr Stephen Holt offers a layperson s handbook on cardiovascular disease with an emphasis on prevention and self care

**The Reader's Digest** DeWitt Wallace,Lila Acheson Wallace,1997

**Notices of Judgment Under the Federal Food, Drug, and Cosmetic Act** United States. Food and Drug Administration,1963

**The No-drugs Guide to Better Health** Eleonore Blaurock-Busch,Bernd W. Busch,1984

*Lower Your Blood Pressure* Prevention Magazine,1991

**The Wellness Encyclopedia** University of California, Berkeley, Wellness Lette,Berkeley University Of California,1991 A medical reference that emphasizes preventive medicine

**Dr. Earl Mindell's Secrets of Natural Health** Earl Mindell,Virginia

Hopkins,2000 Touching on a wide variety of issues this book goes beyond the traditional and offers a comprehensive program that embraces areas such as natural pain relief anti aging nutrition weight loss without diet and homeopathic remedies

**Alternative & Complementary Therapies** ,1997    **The Natural Healing and Nutrition Annual, 1992** Mark Bricklin,Prevention Magazine,Sharon Stocker,1991-12    **Public Library Catalog** ,1999    Understanding Your Health Wayne A. Payne,2002    Your Healthy Body, Your Healthy Life Donald B. Louria,1992 A health care expert and bestselling author Dr Donald Louria shares with readers his 17 point Health Full Life Program Being well every day is Dr Louria's goal for everyone and he claims that the key to health in the 1990s is disease prevention His book shows us how to take charge of our bodies and keep illness at bay Louria is the author of four books including the bestselling Drug Scene

## Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Lower Cholesterol Without Drugs**

In some sort of inundated with screens and the cacophony of instant conversation, the profound power and emotional resonance of verbal artistry often diminish into obscurity, eclipsed by the continuous barrage of noise and distractions. However, nestled within the musical pages of **Lower Cholesterol Without Drugs**, a fascinating function of fictional splendor that impels with organic feelings, lies an memorable trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, that magical opus instructs readers on a mental odyssey, softly exposing the latent possible and profound influence embedded within the complicated internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book's main subjects, dissect their captivating writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers' souls.

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