



User's Guide to Policosanol & Other Natural Ways to Lower Cholesterol: Learn about the Many Safe Ways to Reduce Your Cholesterol and Lower Your Risk of ... (Basic Health Publications User's Guide)

Mark N.M.D. N.D., CHT, HHP Stengler

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Millions of people have elevated blood levels of cholesterol, a major risk factor for coronary heart disease. Yet many supplements and foods can effectively - and safely - reduce cholesterol levels. This User's Guide to Polycosanol and Other Cholesterol-Lowering Nutrients explains what you have to do to reduce your risk of heart disease.

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