



# **Eat Your Way To Lower Cholesterol: Recipes to reduce cholesterol by up to 20% in Under 3 Months**

*Ian Marber, Dr. Laura Corr, Dr. Sarah Schenker*

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Unhealthy cholesterol levels are a key factor in developing heart disease. Experts agree that eating certain foods is one of the best ways to tackle the problem. This is not a weight loss diet but a cookbook based on the very latest medical research into key foods that are proven to have an active role in reducing cholesterol. Food and nutrition experts Ian Marber and Dr. Laura Corr have identified six key foods (including beans, nuts, soy, healthy oils, oats and smart foods) that are proven to help lower cholesterol by up to 20% in just three months. EAT YOUR WAY TO LOWER CHOLESTEROL will include advice on how to balance your diet and keep eating the foods you love, including cheese, eggs, red meat and shellfish. This groundbreaking cookbook combines the latest medical and nutritional information with delicious recipes, all of which contain key cholesterol-lowering ingredients.



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