



There's More to Heart Health Than Cholesterol

Catherine Saxelby

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Illness and loss of life due to high cholesterol, high blood pressure, and heart disease are at an all-time high in the United States, and the fact is, most of it can be prevented by making simple dietary and lifestyle modifications. In *There's More to Heart Health Than Cholesterol*, nutritionist Catherine Saxelby provides a comprehensive guide to making all the changes essential to good heart health. Divided into six easy-to-read sections, *There's More to Heart Health Than Cholesterol* touches on the causes of heart disease, steps for eating well, rethinking daily diets, exercise, vitamin supplements, and much more. With healthy meal ideas, illustrations, comprehensive and easy-to-follow advice on how to shop, cook, and eat for improved heart health, and over fifty delicious, easy-to-prepare recipes, this is perfect for those ready to embark on a heart healthy way of eating. A quiz to help readers assess their risk of heart disease and a ten-step plan to improve heart health along with the latest scientific findings on the effects of omega-3s, antioxidants, plant sterols, soy protein, and soluble fiber is also offered.

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