

001 Heart Healthy Recipes Cholesterol Ebook

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Summary:

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Cholesterol Down: Ten Simple Steps to Lower Your ... Cardiovascular disease (heart attacks and stroke) is the number one killer of Americans, responsible for more deaths than all forms of cancer, diabetes, accidents and lung diseases combined. **Natural childbirth IV: the hormones of birth | Chris Kresser** Learn the important role that hormones play in childbirth, and why it's dangerous to interfere with the body's natural regulation of these hormones. **What Explains the French Paradox? | NutritionFacts.org** The so-called French Paradox is a term coined back in the 80s by three Frenchmen to explain a curious finding. If you chart death from heart attack versus the amount of saturated fat and cholesterol countries consume, there appears to be a straight line.

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