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Introduction

How did you feel when you heard the verdict from your doctor – that you have ‘high cholesterol’ and that it must come down? He or she may have suggested you take cholesterol reducing medication, and you really should make changes to your diet too. Here are some common, very human reactions:

- ☹ It’s all too hard to change my diet and lifestyle – and much easier to just take the drugs.
- ☹ There really isn’t a problem, I feel fine, and there’s no way I’m going to change.
- ☹ I eat a healthy diet already, and get plenty of exercise – how did this happen?
- ☹ Will I have a heart attack at any moment just because I have high cholesterol?

Later, you might think –

***How can I lower my cholesterol level myself,
without being forced to take medication?***

If you did, this book is for you.

By the time you finish reading this book you will know –

- ☺ what ‘high cholesterol’ really means. Understanding a little biochemistry will give you a whole new insight on what’s happening in your body;
- ☺ how changes to your diet can make such a difference, and what you need to eat to lower your cholesterol level;
- ☺ how stress contributes to high cholesterol;
- ☺ what other lifestyle changes you will need to consider;
- ☺ how to enlist the help of Mother Nature;
- ☺ how to negotiate with your doctor for time to implement this program, or to get off the cholesterol-lowering medications if you’re already on them.

And you’ll realise that you’re the person in control of your own health.

I’ve included scientific references, so you can study this subject further if you’re interested. There’s also a glossary of some medical terms