

USER S GUIDE TO POLICOSANOL AND OTHER NATURAL WAYS TO LOWER CHOLESTEROL STENGLER ND MARK%0A

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[User's Guide to Policosanol & Other Natural Ways to Lower ...](#)

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 Policosanol and Other Cholesterol-Lowering Nutrients](#) explains what you have to do to reduce your risk of heart disease.

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[How to Use Policosanol to Help Lower Your Cholesterol - Dr ...](#)

The best products use Policosanol, in conjunction with other key ingredients, at specific dosages to help create healthy cholesterol levels, HDL/LDL ratios and triglycerides. This way, all of your lipid levels are in a healthy range, without your body adapting to any single nutrient and without any negative side-effects.

Cholesterol-Lowering Supplement: Policosanol - To Lower ...

Policosanol is a sugar cane extract that has been touted as a way to reduce cholesterol. But a rigorous 2006 study showed that even 80 milligrams of high-quality policosanol per day didn't have any effect on cholesterol. **Can policosanol help lower cholesterol? - webmd.com**
Produced from sugar cane, policosanol was found to be effective in lowering LDL cholesterol in several studies. Most policosanol supplements found in the U.S., including the reformulated Cholestin

Amazon.com: policosanol cholesterol

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) (Basic Health Publications User's Guide)

Cholesterol Wellness | Level Support | Dr. Mark Stengler

Cholesterol Level Support* Flush-free Niacin, 90 Vegetable Caps. DIRECTIONS: Adults, take three capsules divided throughout the day with or without food or as directed by a health care practitioner.

Natural Treatment for High Cholesterol | Dr. Mark Stengler

Treatment for High Cholesterol. Cholesterol-lowering drugs are very commonly prescribed by North American doctors. For example Lipitor™, a common cholesterol-lowering drug, was the second most prescribed drug in the United States in 2005.

Shorts by Jule Klötter (Aug/Sept 2004) Townsend Letter for ...

User's Guide to Policosanol and Other Natural Ways to Lower Cholesterol contains excellent descriptions of various cardiovascular conditions for the layperson and discusses currently-known risk factors. Many of the risk markers for heart disease can be lessened with nutrients and herbs. This little book makes a fine primer for those interested in more natural ways to prevent heart disease.

POLICOSANOL - A NATURAL CHOLESTEROL-NORMALIZING SUPPLEMENT ...

Policosanol is a unique natural product derived from sugar cane OR it can be derived from beeswax & rice bran. It has proved effective at reducing cholesterol levels and for many individuals may be a reasonable natural alternative to the commonly prescribed statin-type cholesterol-lowering drugs.

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