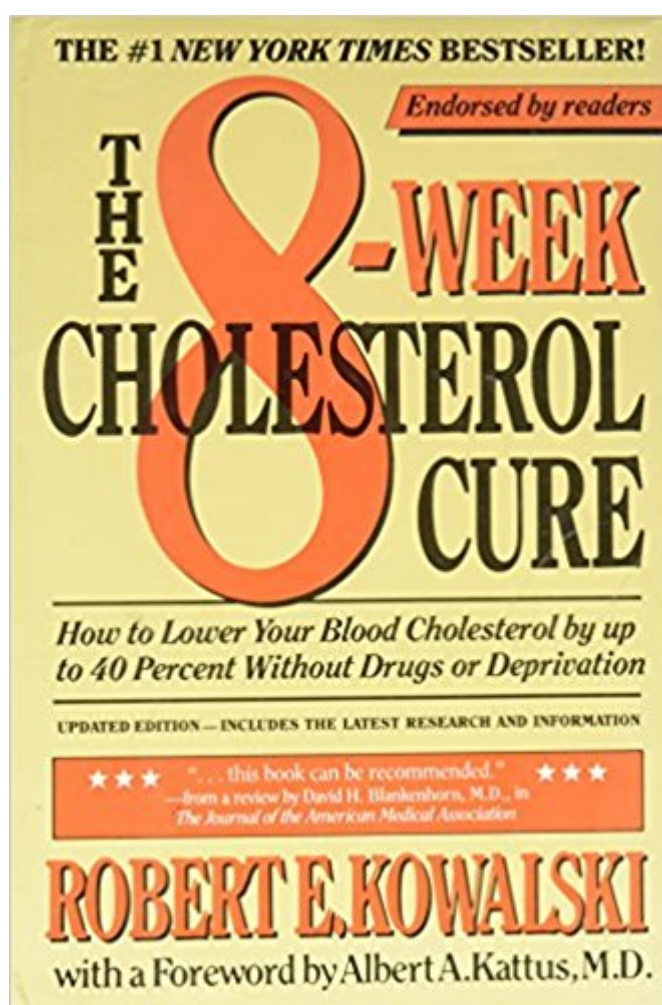


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# The 8-Week Cholesterol Cure: How To Lower Your Blood Cholesterol By Up To 40 Percent Without Drugs Or Deprivation



## Synopsis

The 2-million-copy seller and No. 1 New York Times bestseller that put oat bran in America's diet. This revised edition includes four new chapters and new information on cholesterol testing methods. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Claiming that the popular cholesterol-reducing diets are severely restrictive, yield unremarkable results or prescribe drugs that produce adverse side effects, Kowalski, a medical journalist who suffers from heart disease, developed a palatable alternative, which, he asserts, reduced the cholesterol level in his bloodstream by 40% in a short period of time. His program combines a modified diet (red meat is allowed in moderation), and daily doses of oat bran and the B-vitamin niacin. Kowalski elucidates the complex terminology of cholesterol and other bloodstream lipids, and aptly demonstrates how oat bran and niacin lower cholesterol and, in turn, that cholesterol lowering can be instrumental in reducing the incidence of heart disease. Roundups of foods least likely to bring about a cholesterol excess, as well as those with special properties that lower cholesterol, are particularly helpful, as are suggestions for substituting oat bran in traditional recipes. Copyright 1987 Reed Business Information, Inc.

A dozen years or so ago, my cholesterol was skyrocketing, well above an already too-high typical level for me. I read this book, followed it with care except that I took (with doctor's ok) only 500 mg.

of niacin daily, NOT the much larger and much riskier doses advocated by Kowalski. In less than two months my total cholesterol dropped by 112 points, to the edge of the normal range, and it kept on dropping after that, even after I relaxed my very strict eating habits. Triglycerides also dropped sharply. But I was doing EVERYTHING right -- strict adherence to low-fat (\*VERY\* low saturated fat), cholesterol-free eating habits, high in fiber, including oat bran, plus significant daily exercise (escalated to 90 minutes a day on stair-climber/rower -- which is a LOT of aerobic exercise, and way more than I have the patience for now). All of it. When I slacked off the regimen some time later, the cholesterol did rise, but not as high as formerly. Kowalski is very big on oat bran, and that turns out to be the easy part because it is a pleasant hot cereal. A half cup of oat bran, some raisins or chopped dates, one cup of water, stir, heat in microwave oven on high (use a large enough bowl to avoid boiling over) for 2 minutes and 45 seconds. Stir, add some skim milk if you like. Very tasty. At worst it is a nice hot breakfast, and at best may actually contribute significantly to lower cholesterol. (You can also bake oat bran into muffins. A bit dry, but not bad. Kowalski offers a recipe.) You can search the Web for my little paper on "Fitness in One Lesson," which comments further on helpful ideas in this vein. In any event, my doctor at that time told me that "there is no such thing as an eight week cholesterol cure" when I told him I was reading and following the book. After I had dropped my cholesterol level by more than a third in 7 weeks, I found a new doctor. (There were other issues with him anyway.) But his point really was valid: this is not a one-time fix. You have to make permanent improvements in eating and exercise habits. That is why "diets" are a bad idea. Like vacations, "diets" are temporary. Proper eating and exercise should be forever. Kowalski provides a clearly written, inspirational, informative guide to valuable steps to take. Discuss it with your doctor.

I have used this man's books/and recipes to lower my cholesterol. His method works great. He has later and earlier books, plus a book of recipes for this purpose. I am again working on lowering my cholesterol, and intend to keep up with it so I will not have this risk to my life. Rice bran is now suggested in this author's books as/quicker and with better numbers, so my plan will incorporate his older diet and plan with that of using rice bran as well, as he has suggested. His diet and plan was/successful quickly before, for me, so I do expect "success"! georgia

Oat Bran, Niacin, and moderate exercise are the writers claim to a healthy heart. I exercise regularly, take vitamins, and try to be aware of what I am eating. Yet my last doctor visit claimed that my cholesterol was 260 Total-109/HDL-151/LDL and tryglycerides at 374. The doctor wanted to put me

on lipitor. I argued a bit. Got a month reprieve from taking the medication. Bought this book and on my next visit my total cholesterol was at 189, bad cholesterol went from 136 to 85, good cholesterol was at 55, with my triglycerides at 102. The only thing that I know that I did differently was follow the advice from this book. My doctor was shocked and is now telling other patients about my success before putting them on lipitor, in many cases, for 120 days. Feel very relieved. THANK YOU!

Book came in two days earlier than expected! Thank! Great book for receipts .

Very informative and practical way to lower cholesterol. This works and is way better than taking drugs - no side effects. Before being talked into taking statins or something similar - try this.

This book is fantastic. The author's research is extremely well done, complete with citations of the sources of all his medical information as well as a complete bibliography in the back. I am a "suspicious reader," but this book won my confidence. The basic idea is that you consume a serving of oat bran every day and take niacin tablets. I chose not to take niacin tablets, but I did follow the oat-bran plan. I just got my new cholesterol screening results, and my total cholesterol has gone from 270 to 228. All the individual readings (HDL, etc.) improved significantly. I am one of those people who could not seem to get results from exercise, and my doctor wanted me to go on medication. I could not stomach taking a pill for cholesterol every day for the next fifty years! This book has provided me with a natural, safe, easy alternative. As a bonus, the daily oat bran has helped me feel full and has helped me lose over 20 pounds (maybe that helped lower the cholesterol, but either way, woo-hoo!!). Thank you, Robert Kowalski!

This guide provides you with a good understanding of the relationship between good health and your cholesterol score and how this score is calculated. The recipes and meal plans are easy to follow and bring great results. My husband used this as a guide to bring down his cholesterol in only 6 weeks while losing eight pounds! I highly recommend this plan.

Arrived on time. Book really outdated.

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