



Cholesterol Down: 10 Simple Steps to Lower Your Cholesterol in 4 Weeks--Without Prescription Drugs

Janet Bond Brill , Jennifer H. Mieres (Foreword) , Jennifer Mieres (Foreword)

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Cholesterol Down: 10 Simple Steps to Lower Your Cholesterol in 4 Weeks--Without Prescription Drugs Janet Bond Brill , Jennifer H. Mieres (Foreword) , Jennifer Mieres (Foreword) Take Control of Your Cholesterol— Without Drugs

If you are one of the nearly 100 million Americans struggling with high cholesterol, then Dr. Janet Brill offers you a revolutionary new plan for taking control of your health—without the risks of statin drugs. With Dr. Brill’s breakthrough Cholesterol Down Plan, you simply add nine “miracle foods” to your regular diet and thirty minutes of walking to your daily routine. That’s all. This straightforward and easy-to-follow program can lower your LDL (“bad”) cholesterol by as much as 47 percent in just four weeks.

Cholesterol Down explains Dr. Brill’s ten-point plan as well as the science behind it. You’ll learn how each miracle food affects LDL cholesterol and how the foods work together for maximum effect, as well as:

- How eating whole grains helps reduce LDL cholesterol in your bloodstream
- Why antioxidants keep plaque from building up in your arteries
- How certain steps change the structure of LDL cholesterol particles (and why it’s best for them to be large and fluffy)
- Why walking just thirty minutes a day lowers “bad” cholesterol and cuts dangerous belly fat

With everything you need to stay focused on the plan, including a daily checklist, a six-month chart for tracking LDL cholesterol changes, tools for assessing your risk level for cardiovascular disease, sample weekly menus, and even heart-healthy recipes, *Cholesterol Down* is the safe and effective alternative or complement to statin drugs.

Cholesterol Down: 10 Simple Steps to Lower Your Cholesterol in 4 Weeks--Without Prescription Drugs Details

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From Reader Review Cholesterol Down: 10 Simple Steps to Lower Your Cholesterol in 4 Weeks--Without Prescription Drugs for online ebook

Gerald Kinro says

This guide to lowering your seral cholesterol is uses simple and safe means. In the first half, Brill explains the science of cholesterol in simple terms. I found this section fascinating, but she points out that for those who do not wish to read this scientific introduction, the program really starts after. It is simple: Eating oatmeal, garlic, flax, psyllium, almonds, margerines with phytosterols, and apples. To this add regular exercise. Included are recipes to keep things varied. She gives examples of the patients she has treated and their successes. It is easy to read, and I find easy to follow. I have been on this program for about a year and a half, and while my results are not as dramatic as the examples Brill uses in her book, I am on a downward trend for both LDL (the bad) and total cholesterol). My HDL (good) cholesterol remains high. I have been able to avoid medications.

deborahpatrick says

Cholesterol Lipids Review

This book provides good tips (well-documented and reference support) to improve cholesterol levels and ratios. I have Incorporated the ten steps with the exclusion of soy. Most of the steps I was already familiar with, but book was good for positive reinforcement. I am always for improving health the natural way and not by drugs if possible. Author does not appear to be a medical doctor and provides qualification statement to consult your physician in these matters. Glad I bought and read this well-researched and organized book with valuable supporting references. I have a healthy cholesterol ratio and other normal levels by diet and exercise and the grace of God. This works!

Mitchell says

Does a good job explaining how various systems in your body work together to affect your cholesterol levels. The author is great about citing and explaining the specific studies that all the recommendations are based on - this really helped me understand and evaluate the recommendations. Might be a bit too sciencey for some, but I reallly appreciated it.

Yaffa Shira says

easy, and realistically possible diet, skipped much of the scientific parts, loved the practical suggestions, personal stories, and recipes!! now i just need a personal chef to come and make those meals for me!! Although Mike is doing great!!

Bill Slawski says

This book has me exercising eating healthy meals, taking metamucil, eating oatmeal and almonds logging my meals and exercises online. It is filled with a lot of information that is worth learning if you find yourself with a higher amount of cholesterol than you really should have. I am looking forward to my next bloodtest results.

Laurie says

Brill presents a solid program for lowering your total and LDL cholesterol without using medications. All but one step are dietary: eat oats, eat almonds, eat flaxseed, beans, apples, psyllium, margarine made with phytosterols, soy protein and garlic. Add exercise, and you have the program. She gives the amounts you need, and in one appendix, some recipes for using these foods. She also presents meal plans, exercise plans, and a heart disease risk calculator, and tells you what other health benefits the 10 steps can provide.

This is not a health food store book just trying to sell supplements. Each step is explained fully- what each compound in the food does, right down to the cellular level. The studies she cites are peer reviewed. In the one case where most of the studies were done by the purveyors of the item, she comes out and explains that so you can make up your own mind if you want to trust those studies. Since this is not a sell the magic supplement book, the program is very inexpensive to use. Except for the phytosterol margarine, these foods are very, very cheap to eat. If you follow this diet, you'll save money at the grocery store on top of not having to buy expensive statin drugs that are full of side effects- or have to pay for an expensive stay in a cardiac unit.

This is a sound program to follow even if you ultimately end up on statin drugs- it can keep your dose lower, and there are many health benefits to the diet. I'd advise anyone who has high LDL cholesterol to read this book and give it a try.

Amy says

Well, due to hereditary issues, I've been on prescription drugs for cholesterol for many years, with varying effectiveness. Lately I've had advice from my doctor to make whatever changes I'm able to get the numbers down again, and this book came highly recommended.

Nine of the ten changes are dietary and the tenth is walking for exercise. She offers a checklist with daily amounts of each sort of dietary change in order to keep track of daily progress, since it's a somewhat complex regimen-- but nothing is bizarre; things like apples, almonds, and oatmeal figure strongly in this plan and could be easily incorporated into a reasonable eating plan. She backs up each recommendation with scientific evidence and a "Fill the Prescription" section with direct advice on exactly what and how to take care of it.

It's well-written, and from the testimonials within, her plan seems to have helped many people lower their cholesterol with and without the help of statins. I'd like to keep my dose as low as possible, so I'm giving her plan a try. It's definitely worth checking into if you have cholesterol issues.

Rebecca says

Didn't think I'd have to read something like this at my age, but I'm glad I did. It is well researched and referenced, straight forward advice, and most importantly, lifestyle changes I can do! Looking forward to healthy lipid levels soon.

Elizabeth says

I just found out I need to lower my cholesterol and want to do it through eating better and exercising. The book is pretty good, easy to read. I skipped over some of the technical explanations. The only 2 steps I don't agree with are eating margarine or soy products.

Leslie says

At my last checkup, my doctor told me that my cholesterol was a little high. Nothing to worry about yet as my HDL was very good, but I should try to make a few dietary changes to lower the bad numbers as they were on the high end of normal. I did not want to take drugs as all drugs have unpleasant side effects.

Dr. Brill's book explains how to lower cholesterol by adding foods, plant sterols, soy, garlic, oatmeal, apples, beans, almonds, flaxseed and daily walking for exercise. This book is easy to understand but also has details on the how and why each step works. She backs this up with facts and studies. The key is fiber. Lots of fiber, both soluble and dietary fiber, to remove excess cholesterol from the body. The first half of the book explains the 10 steps, the second half is recipes.

One warning: add the fiber gradually. Digestive distress will ensue if it's done all at once! I know, I did it. Does it work? I'll find out a few months when I go for my follow up blood test. For now I have added daily oatmeal, apples, nuts, garlic and walking, plus my already high fiber diet with lots of fruits and veggies.

UPDATE: Yes, it works! After 3 months I went for my follow-up test. Bad cholesterol numbers were down more than 20%. All are now in the good to very good range.

Jen says

Some very interesting chapters in this book, steps I'm definitely going to try. After all, the natural steps prescribed in the book can't actually harm me, so the worst that could happen is my LDL not being affected at all. Once I get my next lipid panel, I'll know whether or not reading *Cholesterol Down* was a total waste of time or not.

Arleigh Kovacs says

This book of medical advice not only gives a simple and fairly easy to follow method to lower your cholesterol [if you adhere strictly to every step ... and are also careful to follow a low-fat, "heart healthy" diet in addition to those steps.] but cites research in the field and explains why/how each step works to lower cholesterol levels dramatically. The last part of the book includes a suggested menu as well as a number of recipes.

However, I thought the author played a little loose & fast with the statistics she cited from different studies. She would give a statistic concerning one of the steps but the amounts used in the research would be far different than the amounts in the steps she suggested. Or she would extrapolate data from the research, give an amount that would work best, and then switch the amount of the item suggested in her guidelines. Or the amounts she gave in her lists of possible different products that could be used didn't provide the same amounts of fiber (or whatever) she had just said they would a page earlier.

It wasn't that I thought the steps wouldn't work... it just annoyed me to no end that her figures weren't consistent throughout. I got the feeling from the way she was tossing numbers around from different studies that if I consumed the ideal amounts of each thing she suggests on her list, my LDL cholesterol would end up at zero -- or less than zero -- if all of the statistics were added/subtracted correctly.

The recipes and suggested eating plan for a week also gave me pause. Some recipes yielded 1 or 2 servings and others 8 to 15. Add this to the fact that (at least) some of the ingredients or supplements can only be obtained in a large city, by Internet order, or in specialty shops, and all of that added to my frustration. (I haven't been able to even Find red snapper since we left the west coast, for example.) This is not feasible for someone trying to plan meals for a family (especially if that family includes picky eaters) or on a limited food budget.) I certainly can't afford salmon or tuna fillets for 6 people...and the children in our house are not going to be tempted by 'Arugula Salad with Garlic Tomato Vinaigrette' (even I don't like arugula!) 'Okra Succotash', 'Barley Risotto with Shiitake Mushrooms' [she suggests "Woodstock Farms organic shiitake Mushrooms, available in the frozen foods section of your local health food store" -- a 10 oz package of frozen shiitake mushrooms, defrosted, mind you.] or 'Chicken with 40 Cloves of Garlic'. In fact, I'm not even sure that my Hungarian husband would eat that and he is always saying , "It needs more garlic..." when I show him a recipe.

Amy says

Well written book. A lot of studies referenced, but the information makes sense. I don't know how well I would be able to follow this, being a person who doesn't cook much, but will try to the best of my ability because it is a good natural and healthy way to approach lowering cholesterol.

Nancy Martinez says

Interesting

I purchased this book to try to learn how to lower my cholesterol naturally. I've started implementing the 10 steps, I'm 2 weeks into the plan still trying to get use to it. My next cholesterol test is 3 months away time will tell how well I've done.

Marie Jackson says

Great help!

Cholesterol down is one amazing book. My cholesterol was just on the verge of being high. My doctor clearly told if it doesn't go down, I will have to start taking medicines. I hate the idea of taking these prescription drugs because once you start taking them, you can never quit. I searched online and bought this book. This book is so informative and helpful. I followed dietary suggestions and recipes given in the book and started doing moderate exercise. And the results are showing good progress. I have already gifted this book to my sister and friends. It is better to protect ourselves with food first rather than relying on medicines later on.
