



BOOK SUMMARY

CHOLESTEROL PROTECTION FOR LIFE:

Lower Your Cholesterol Safely and Permanently

Gift of Health Press, 2006, \$23.95, ISBN 0-974463-32-9

Dr. Fuhrman's methods for treating high cholesterol and heart disease are carefully described in this small, but information-packed book. He designed it to contain all the information and answers that his patients need to take back control of their health and heart-attack proof their body. Rather than rely on drugs, surgery and invasive procedures, Dr. Fuhrman explains how nutritional excellence is the most powerful medicine to treat and reverse heart disease; clearly presenting the medical research to back up his claims. He is on a crusade to wipe out heart disease.

In this practical book, Dr. Fuhrman describes the foods we should eat to prevent and reverse heart disease: fruit, vegetables, raw nuts, beans, and seeds. He outlines how certain foods like pomegranates provide an abundance of heart-healing phytochemicals and micronutrients. This book provides both the dietary framework and recipes that show how to make vegetables, fruits, and beans taste so great that you won't miss the foods of the typical American Diet.

Additionally, in *Cholesterol Protection for Life*, Dr. Fuhrman discusses the dangers of statin drugs and presents natural alternatives to combine with nutritional excellence for optimal lowering of cholesterol. He ends the book by leaving readers with a strategy for success and avenues for support along the way.

Combining his cutting-edge, cholesterol-lowering nutritional program with natural substances that effectively lower cholesterol, Dr. Fuhrman gives cholesterol the one-two punch, which in clinical observation has shown more effective than cholesterol-lowering drugs. This book is for anyone who is looking for a drug-free way to dramatically lower their cholesterol and for those who want to reverse or protect themselves from heart disease.

