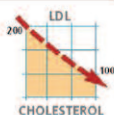


New Expanded Edition

CHOLESTEROL PROTECTION *For* LIFE

**Lower your cholesterol
safely and permanently**



*Combine today's most powerful dietary program
with the strongest natural cholesterol reducers!*

JOEL FUHRMAN, M.D.

Author of Eat to Live and Disease-Proof Your Child

Cholesterol Protection for Life - Book Summary

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 phyto-

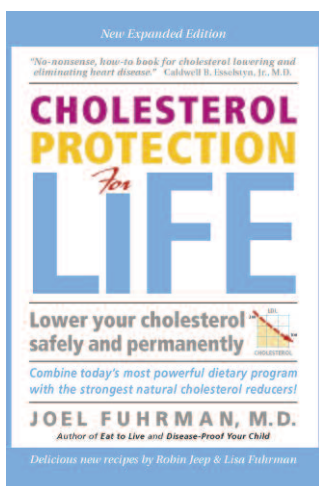
- Lower LDL Cholesterol
- Lower Blood Pressure
- Reverse Heart Disease
- Prevent Heart Attacks
- Dramatically Extend Your Life

chemicals 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, Cholesterol Protection for Life, 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.

Heart attacks and strokes kill about fifty percent of all Americans. The simple fact is that, if you eat the standard western diet that most people eat in the modern world, you will develop heart disease and likely die of it. This is a tragedy, because these deaths are so unnecessary. I hope you will choose a different road to travel.



Cholesterol Protection for Life:

Lower your cholesterol safely and permanently

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What the Experts Say About "Cholesterol Protection for Life"

"Dr. Fuhrman's Cholesterol Protection for Life is a no-nonsense, how-to, right-to-the-point book for cholesterol lowering and eliminating heart disease. Dr. Fuhrman's extraordinary depth of hands-on experience enables him to speak with authority about strategies for achieving a healthful life and avoiding chronic disease."

~ Caldwell B. Esselstyn, Jr., M.D.

*Preventive Cardiology Consultant
Dept. of General Surgery, Cleveland Clinic*

"In this fascinating book, Dr. Fuhrman tells you the most effective way to lower cholesterol without drugs and how to virtually disease-proof your body. It will show you how to kick your heart disease-promoting diet and lifestyle habits and adopt an exquisitely enjoyable anti-aging way of life. Follow Dr. Fuhrman's easy-to-understand formula in this book and start having the best and healthiest time of your life."

~ Gerald Deutsch, President

National Health Association

"Cholesterol Protection for Life does an outstanding job of presenting a very complex topic in a clear and orderly fashion. This book is a timely piece of work and one that can be a very useful tool for the reduction of not only cardiovascular disease, but most other forms of chronic illnesses in our society."

~ Baxter Montgomery, M.D., FACC

*The Univ. of Texas Health Science Center, Houston
President of Houston Cardiac Assoc. and HCA Wellness*

"Cholesterol Protection for Life" Success Stories

"My cholesterol dropped radically, my angina resolved and my heart condition vanished. I no longer take any medications. Dr. Fuhrman saved my life!"

~ John Pawlikowski

"I started the program last January and now maintain my weight at a 155lbs-perfect for 5'10" male. Previously, I could not get my weight below 180. My cholesterol also dropped from 275 to 147 in the first 6 weeks! Thanks for all the help and encouragement."

~ Mark Zimmer

"My cholesterol used to be over 200. I never thought about it at the time, but I was as you say "a heart attack waiting to happen." Thanks to Dr. Fuhrman's Cholesterol Protection For Life, today my cholesterol is 142 and I'm thrilled! I feel healthier, look better, and now know I'm safe from having a heart attack."

~ Denise Viscanza

"I could go on and on about struggles, cravings, relief from cravings, addiction - but I'll just put my current results as an "ataboy" for the doctor: July 1, 2005: I weighed 190 lbs, my blood pressure was 130/72 (taking 3 medications to keep it down), and my cholesterol was 192 (while on 1 medication). September 7, 2005: I weigh 164.5 lbs, my blood pressure is 124/86 (WITH ANY MEDICATION), and my cholesterol is 132. You've literally saved our (my wife and I) lives, and I can't thank you enough."

~ Shawn Powers