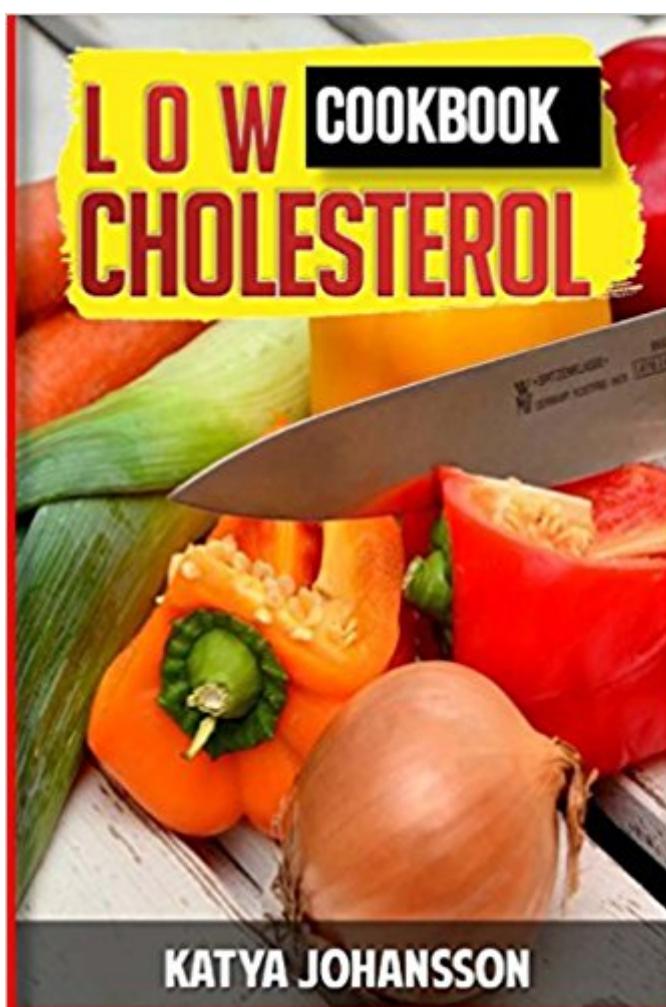


The book was found

Low Cholesterol Cookbook: Low Cholesterol Recipes & Diet Plan



Synopsis

LOW CHOLESTEROL COOKBOOKCholesterol is a lipid (fatty) substance found in our food and is also produced in the liver and secreted in the blood. It is a substance that's found in all cells of the body.Cholesterol is essential to the formation of bile acids, vitamin D,Â hormones like estrogens (estradiol, estrone, estriol), androgens (androsterone, testosterone), mineralocorticoid hormones (aldosterone, corticosterone), and glucocorticoid hormones (cortisol).Cholesterol is also necessary to the normal permeability and function of the membranes that surround cells. Cholesterol is highly needed for the proper function of heart and brain.Cholesterol is carried in the blood by proteins, and when the two cholesterol and protein combine, they're called lipoproteins. The two main types of lipoprotein are: the two main types of cholesterol: HDL and LDL.Most cholesterol is LDL (low-density lipoprotein) cholesterol. LDL cholesterol is more likely to clog blood vessels because it carries the cholesterol away from the liver into the bloodstream, where it can stick to the blood vessels, in the case that cholesterol gets oxidized.HDL (high-density lipoprotein) cholesterol,Â carries the cholesterol back to the liver where it is broken down.A diet high in saturated fats tends to increase blood cholesterol levels, whereas a diet high in unsaturated fats tends to lower blood cholesterol levels. Although some cholesterol is obtained from the diet, most cholesterol is made in the liver and other tissues.HERE'S A PEAK INSIDEChapter 1: Salads and startersSpecial salad with oatsPotato and Egg ScrambleTuna and Bean SaladLow Cholesterol Tuna and Egg Salad served on lettuceToast with Roasted Sweet Red PeppersAsparagus draped in salmonVery special salad with baby cornReal middle-east hummus dipBruschetta with tomato and watercressAsian cabbage saladTomato, cucumbers & onion saladVegetable spicy soupCabbage and Tomato SoupSpinach â“ celery â“ onion soupNoodle BrothBarley Vegetable SoupChickpeas Vegetable SoupHot and Sour Chinese SoupPotato Soup>>>>>>>>>>>>>>> And many more!Get your copy now!Related Searches:low cholesterol cookbook, low cholesterol diet / diet plan / recipes / cooking, cholesterol lowering foods / diet/ foods/ cookbooks, cholesterol diet plan, cholesterol cookbook

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