

## [8 WEEK CHOLESTEROL CURE](#)



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### **The 8 Week Cholesterol Cure Wikipedia**

The New 8-Week Cholesterol Cure is a 1987 health book by Robert Kowalski, who wrote it as a personal recollection about dealing with cholesterol issues. Kowalski wrote the book after having two coronary bypass surgeries and a heart attack. He created the program detailed in the book after he realized that a diet change alone would not help him

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### **The New 8 Week Cholesterol Cure Robert E Kowalski**

Robert Kowalski's personal story is legendary. By the age of forty-one, he had suffered a heart attack and had undergone two coronary bypass surgeries.

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### **8 Week Cholesterol Cure Oathealth com**

My cholesterol was always in the 180s and then I hit menopause and it jumped to 244. I started on Nutrim, using it periodically but in the last 6 months got serious and dropped 30 points in 6 months. I drink it with juice- one cup of juice with one scoop per day in the morning. Only takes it once per day-I may try the chewable tablets for the second dose. I love it because it is so easy. I take it with juice, my vitamin and a banana. I swear by and now my doctor swears by it.

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### **The New 8 Week Cholesterol Cure by Robert E Kowalski**

This book gave me some good information about how to go about lowering my high cholesterol. I started the niacin treatment, but unfortunately found that I suffer rashes from it and have since discontinued.

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### **The New 8 Week Cholesterol Cure by Robert E Kowalski**

The New 8-Week Cholesterol Cure By Robert E. Kowalski. A medical journalist by profession, Robert Kowalski suffered a heart attack and had undergone two coronary bypass surgeries by the age of 41. He tried and failed to lower his cholesterol with a traditional dietary approach. Faced with the unpleasant choices of drugs and severe dietary restrictions, he researched and created a program that proved astonishingly effective: for himself and for thousands of readers around the world.

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### **The New 8 Week Cholesterol Cure**

Dr. Crandall and other cardiologists have two chief concerns with statins: liver and muscle damage. Statins and Your Liver: Statins may elevate your liver enzyme functioning, which indicates some toxicity, inflammation,

and cell damage to the liver.

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