



The Great Physician's Rx for High Cholesterol (Great Physician's Rx Series)

Jordan Rubin

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More and more often doctors are telling their patients their bad cholesterol levels are unacceptably high. Jordan Rubin, with Joseph Brasco, MD, believes people should regard that information as they view a red "Engine Warning" light on the dashboard of their cars. Signs of high cholesterol are a warning light for serious future health problems: gallstones, high blood pressure, impotence, heart disease, and stroke.

In *The Great Physician's Rx for High Cholesterol*, Rubin and Brasco show how to take hold of the Seven Keys for Health and Wellness to prevent and even reverse high cholesterol. Yes, following these Seven Keys does involve lifestyle changes, but for people who are "eating like a pig, drinking like a fish, and smoking like a chimney"—their health is seriously at risk, and they will benefit from the strategies in this book.

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