

## Diet Eating Junk Food or Fast Food Only (cholesterol treatment)

Contributed by Webmaster

A documentary of a weight loss diet experiment for a junk food junkie with daily weigh-in. I hated how Super Size Me was blaming McDonalds for ...[www.youtube.com](http://www.youtube.com)

More info....

AnswersTV

s The Answered Patient on High Cholesterol

What is Cholesterol? Cholesterol is a lipid: a soft, waxy fat produced by the liver. While too much of it is bad for your health, cholesterol is ...  
[vodpod.com](http://vodpod.com)

How to lower cholesterol

If youre among the 18 percent of Americans who have high cholesterol, adopting a low-cholesterol lifestyle can help! Also watch more diet ...  
[www.wonderhowto.com](http://www.wonderhowto.com)

Cholesterol-Lowering Power Foods

At least one in four people have high cholesterol. Get yours down the drug-free way and maybe lose some weight. It's easy if you have the right ...  
[www.redorbit.com](http://www.redorbit.com)

How To Learn The Issues In A Diet To Lower Cholesterol

Discover the three main reasons as to why people develop a high cholesterol level. Knowing these reasons will help prevent you from getting it ...  
[www.viddler.com](http://www.viddler.com)