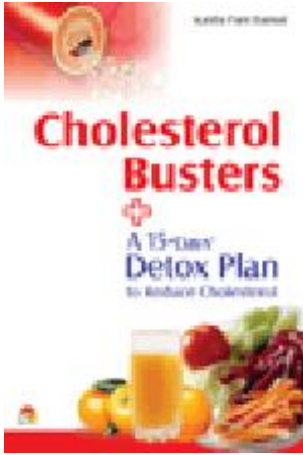




## Cholesterol Busters



**Author:** Sunita Pant Bansal

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Over the past decades there has been a growing concern world over about the higher deposits of cholesterol in human body resulting in life-threatening diseases in millions of people. The solution is to understand the genesis of the problem and devise ways to be free from it.

The author opines that it is not only higher intake of fats but other factors such as excess weight, lack of exercise, alcohol, smoking and stress which lead to high level of cholesterol in human body. She further focuses on cholesterol-bursting food and suggests a fifteen-days DETOX programme yielding fantastic results in 6-8 weeks.

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