

Re: Whats the best way to reduce cholesterol?

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From: doe (*ironjustice_at_aol.com*doe)

Date: 10/26/04

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>*Subject: Whats the best way to reduce cholesterol?*
>*From: "twitchin" twitchin@planet-save.moc*
>*Date: 10/25/2004 6:26 PM Mountain Daylight Time*
>*Message-id: <clk5io\$5s\$1@hercules.btinternet.com>*
>
>*What type of foods / supplements are best for reducing cholesterol?*
>
>*Thanks for any tips.*

Lecithin .. and vegetarian diet ..

Cites available upon request ..

Who loves ya.

Tom

Jesus Was A Vegetarian! <http://jesuswasavegetarian.7h.com>

Man Is A Herbivore! <http://pages.ivillage.com/ironjustice/manisaherbivore>

DEAD PEOPLE WALKING <http://pages.ivillage.com/ironjustice/deadpeoplewalking>