The Oxidized Cholesterol Strategy isn’t just a system that tackles your cholesterol plaque; it’s a lifestyle regime that teaches you how to completely clean out plaque buildup in your arteries. High cholesterol is a condition many people suffer from and the effects are detrimental and sometimes even fatal. So, it’s imperative to find a way to reduce your cholesterol to healthy levels – and without some weird pills and dangerous medications that come with side effects.

And that’s exactly what the program is.
**The Oxidized Cholesterol Strategy** is a unique system that’s based around dropping nothing more than one simple ingredient from your diet. The shocking thing is that, it’s not talking about cutting out butter or other salty foods commonly associated with high cholesterol. Instead, it’s all about a dangerous ingredient that you consume every single day, without even knowing it. This ingredient isn’t even listed in the ingredient list, which is terrifying. Once you read more about it in this system, you’ll be even more terrified that it’s been in your body all this time.

But that’s not it. In this unique system, you learn just as much about what to eat as you do what not to eat. It provides you with an abundance of information needed to efficiently drop your cholesterol to healthy levels – and to keep it there.

Since there is so much valuable information within the system, it’s broken down into different parts for easy reading. These parts are:

- Part One: The Features and Dangers of Oxidized Cholesterol
- Part Two: Dietary and Lifestyle Habits that Promote and Inhibit Fat Oxidation
- Part Three: The Four-Week Plan to Reduce Cholesterol and Prevent Coronary Artery Disease

So, while The Oxidized Cholesterol Strategy is highly focused on eliminating this one ingredient from your life, it goes way beyond just that.

The really awesome thing is that the entire system is online. As soon as you purchase the program, you can get started – no need to wait or pay for shipping. All you have to do is download the content onto your laptop, desktop, tablet or smartphone, and simply bookmark the program in your web browser. I highly recommend downloading it, so you can complete the program whenever and wherever you are. Plus, the information is so mind-blowing that you don’t want to put the pages down. So, having access to it even when you’re not sitting on a computer is a huge bonus.
You also receive a 60 Day Money Back Guarantee with the program. This allows you to read the system, execute the strategy and see results before ever truly committing to it financially. Certainly, after 60 days, you’ll be able to determine whether it’s something you’d wish to continue with.

About the Author of The Oxidized Cholesterol Strategy

The Oxidized Cholesterol Strategy was created by Scott Davis, a member of Blue Heron Health News, a highly renowned health website. He’s written various articles, many of which that specialize in heart health. He also has personal experience dealing with heart health, as he once had a heart attack due to clogged arteries that were a result of high cholesterol.

Overview of The Oxidized Cholesterol Strategy Program

Within the 177 pages of the Oxidised Cholesterol Strategy, you get an abundance of information that teaches you what’s going on in your body, why, and what to do about it. To give you a better understanding of what type of topics are covered, I’ve decided to give you a sneak peek at the table of contents:

Part One: The Features and Dangers of Oxidized Cholesterol

- Introduction to the Cholesterol Debate
- What is Cholesterol?
  - The Traditional View of cholesterol
  - Objections to the Traditional View of Cholesterol

- The Revisionist View of Cholesterol
  - The Process of Oxidation
  - Oxidized Cholesterol

- Sources of Oxidized Cholesterol
  - Diet-Derived Oxidized Cholesterol
  - Endogenously Produced Oxidized Cholesterol
  - Of LDL Particle Size

- The Adverse Health Effects of Oxidized Cholesterol
  - Inhibition of ABCA1 and LxR Receptors
  - Increase of Thromboxane
  - Inhibition of Prostacyclin
  - Enhances Sphingomyelin Production
  - Diabetes
  - Alzheimer’s Disease and Dementia
  - Arthritis

Part Two: Dietary and Lifestyle Habits that Promote and Inhibit Fat Oxidation

- Statins
  - Ineffectiveness
  - The Side Effects of Statins

- Antioxidants
  - Vitamin C
  - Vitamin E
  - Vitamin A
  - Flavonoids
- Uric Acid
- Curcumin and Capsaicin
- Anti-inflammatories
  - Vitamins A and C
  - Lycopene
  - Selenium
  - Monounsaturated Fats
  - Omega-3 Fatty Acids
  - Fiber
  - Magnesium
  - Flavonoids
  - Vitamin D
- Dietary Fats and Oils
  - Vulnerability to Oxidation
  - Rules for the Consumption of Dietary Fats
  - Desirable Dietary Fats
  - Permissible Dietary Fats
  - Undesirable Dietary Fats
- Dietary Carbohydrates
  - Healthy Carbohydrates
  - Undesirable Carbohydrates
- Exercise, Smoking, and Sleep
  - Exercise
  - Smoking
Part Three: The Four-Week Plan to Reduce Cholesterol and Prevent Coronary Artery Disease

Week One

- Meals and Meal Preparation
- Smoking
- Sleep
- Exercise
  - Rules for resistance training:
  - Sample Resistance Exercises
  - Exercise Program for Week One

Week Two

- Meals and Meal Preparation
  - Sugar and Grain Substitutes
  - Recipes
  - Conclusion
Exercise
- Rules for Aerobic Exercise
- Sample Aerobic Exercises
- Exercise Program for Week Two

Week Three
- Meals and Meal Preparation
  - Good and Bad Oils
  - Recipes
  - Conclusion
- Exercise

Week Four
- Meals and Meal Preparation
  - Meat and Dairy and their Substitute
  - Recipes
  - Conclusion
- Exercise

Moving On – The Mediterranean Diet
- Defining the Mediterranean Diet
- Differences Between the Oxidized Cholesterol Diet and Mediterranean Diet
- Mediterranean Diet Meal Plans
  - Breakfasts
  - Lunches
  - Snacks
  - Dinners
- Conclusion

Official Website
Verdict

Whew! That’s a whole lot of valuable information in one system and more importantly, a whole lot of valuable information that can completely rejuvenate your health, boost your physical and mental health energy levels and unclog those arteries to get your blood circulation thriving once again. With the 60 Day Money Back Guarantee offered when you purchase The Oxidized Cholesterol Strategy, the only thing you have to lose is bad cholesterol!