



# New Website Shows You How To Lower Cholesterol Naturally

Fitness Planning Consultants, Inc., February 31, 2007

URL: <http://www.pr9.net/health/healthorg/6215february.html>

*A new website, <http://lower-cholesterol-help.com>, was launched today to explain to people with high cholesterol, what they can do to naturally lower cholesterol. Showing that it doesn't have to be the hyped prescriptions you see in the media.*

PR9.NET February 31, 2007 - Columbus, OH - If you have high cholesterol, most people assume they will be taking prescription drugs to control it for the rest of their lives. Adam Kessler, creator of <http://fitnessplanning.com>, has launched a new website that explains to people what they can do to lower cholesterol naturally, rather than be controlled by these drugs.

His website, <http://lower-cholesterol-help.com>, reminds people of simple, proactive steps they need to make in their lives to prevent becoming a victim of high cholesterol.

Adam said, "Heart disease is still the number one killer of Americans. This site has a lot of tips you can do to control cholesterol. You don't have to use all of them, just using a few can make a huge difference."

[Http://lower-cholesterol-help.com](http://lower-cholesterol-help.com) is a reminder that living healthy can prevent a lot of diseases such as high cholesterol. Some of the simple tips listed on the site are:

1. Stop Smoking - Smoking lowers your HDL, your good cholesterol.
2. Increase Your Fiber Intake - Fiber helps to absorb cholesterol and your LDL, the bad cholesterol.
3. Lose Weight - Overweight individuals increase their chances of obtaining heart disease.

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## **About Fitness Planning Consultants, Inc.**

A personal training company that helps people to safely and permanently lose weight. We empower the client with the total concept of wellness.

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