

health hints

Avoiding Stroke

(NAPSA)—If you have high cholesterol, you can now get help. While there are more and more reports of prescription cholesterol drugs having dangerous side effects, there are nonprescription steps you can take to lower your cholesterol levels.



Reducing cholesterol can lower your risk of heart attacks by at least one-third.

Heart disease is the number-one killer of both men and women. One of the key risk factors is high blood cholesterol levels, which affects half of all American adults. And people may be surprised to learn that chicken contains as much cholesterol as beef.

Fortunately, a supplement called TeaFlavin[®], found in tea, can lower your cholesterol level by what the *Archives of Internal Medicine* found to be more than 16 percent in just 90 days. One pill daily provides the same amount of theaflavins as in 35 cups of tea, providing all the drink's benefits without the caffeine.

Get info or order TeaFlavin[®] online at www.teaflavin.com. Call 1-800-876-4332 to ask about preferred pricing options.