

• THE •
LOW-
CHOLESTEROL
OAT PLAN

• A •
REVOLUTIONARY
OAT BRAN
COOKBOOK THAT
CAN SAVE YOUR
• LIFE •

With 300 delicious and
innovative recipes for the
new miracle food

Barbara Earnest & Sarah Schlesinger
Foreword by James W. Anderson, M.D.

The Low Cholesterol Oat Plan

Yi-Tong Ma



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