

Sænk dit kolesterol

Her finder du referencer og links til interessante artikler omkring kolesterol og antiinflammatorisk kost. Listen er et uddrag af den videnskabelige litteratur samt anden kompetent omtale. Fra de faglige artikler kan du via deres egne referencer komme videre i faglitteraturen. Mange er anvendt som research til bogen 'Sænk dit kolesterol' (Politikens Forlag). Nye referencer tilføjes løbende.

https://www.saxo.com/dk/saenk-dit-kolesterol_jens-linnetjerk-w-langer_indbundet_9788740069167

21 nye helbredende dage med antiinflammatorisk kost

https://www.saxo.com/dk/21-nye-helbredende-dage-med-antiinflammatorisk-kost_jerk-w-langerlouise-bruun_indbundet_9788740046595

- se også bogens litteraturliste:

<http://jerk.dk/Antiinflammatorisk%20kost%20referencer.pdf>

Collagen - Stærk, sund og smertefri

https://www.saxo.com/dk/collagen_jerk-w-langerkaren-lyager_indbundet_9788740059076

- se også bogens litteraturliste: <http://jerk.dk/collagen-referencer.pdf>

Sundt blodtryk på 14 dage

https://www.saxo.com/dk/sundt-blodtryk-paa-14-dage_jerk-w-langerjens-linnet_indbundet_9788740046823

- se også bogens litteraturliste: <http://jerk.dk/Sundt-blodtryk-p%C3%A5-14-dage-litteraturliste.pdf>

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Opdateret 19. april 2022

OM KOLESTEROL

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