



The Complete Idiot's Guide to Lowering your Cholesterol

Dr. Joseph Lee Klapper

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Cardiologist Joseph Lee Klapper, M.D., gives an in-depth yet accessible explanation of cholesterol levels — and explores ways to lower them. Weighing the pros and cons of a variety of approaches, including a holistic approach, Western medications, natural remedies, and new methods on the horizon, he then takes you step-by-step through a medically proven plan for shedding cholesterol points.

- By 2010, the leading cause of death worldwide will be heart disease, far greater than infections, AIDS, and other killers
- Explores many contemporary heart-smart diets and provides sample menus
- Important information about exercise, risk factors, statins and other Western cholesterol lowering medications; herbs, supplements, and natural remedies; and antioxidants, gene therapy, and new drugs

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The reason why? Because this The Complete Idiot's Guide to Lowering your Cholesterol is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will distress you with the secret that inside. Reading this book next to it was fantastic author who also write the book in such wonderful way makes the content within easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have such as help improving your ability and your critical thinking technique. So , still want to hold up having that book? If I had been you I will go to the guide store hurriedly.

Michelle Saunders:

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Mary McKay:

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