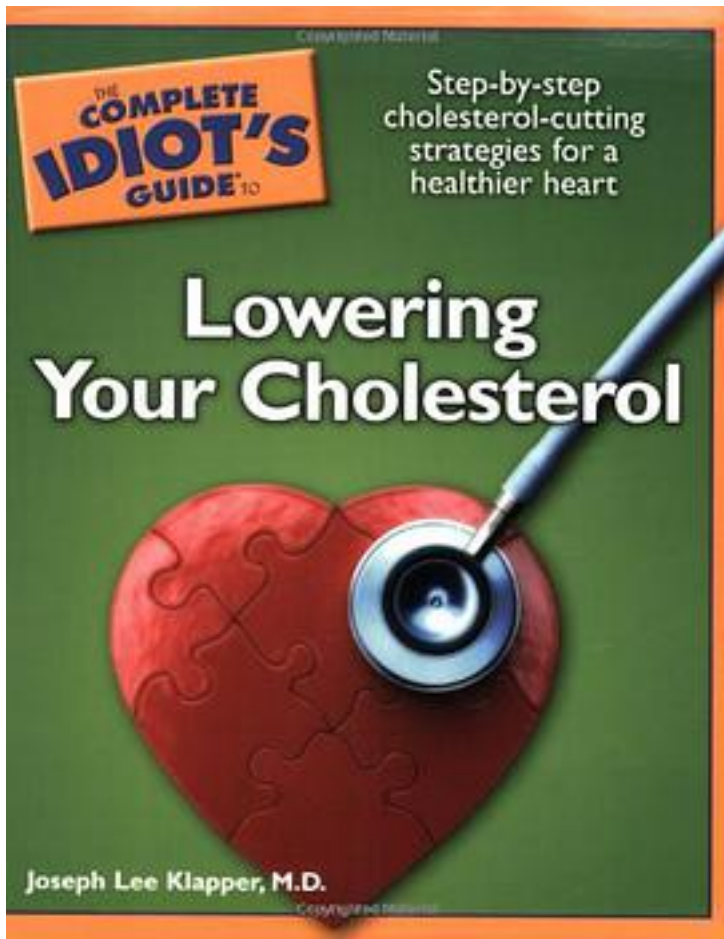


# The Complete Idiot's Guide to Lowering your Cholesterol



[The Complete Idiot's Guide to Lowering your Cholesterol 下载链接1](#)

著者:Dr. Joseph Lee Klapper

出版者:Alpha Books

出版时间:2006-11

装帧:Pap

isbn:9781592575527

An easy-to-follow, medically proven plan to lower cholesterol.

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.

- 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

作者介绍:

目录:

[The Complete Idiot's Guide to Lowering your Cholesterol\\_ 下载链接1](#)

标签

评论

-----  
[The Complete Idiot's Guide to Lowering your Cholesterol\\_ 下载链接1](#)

书评

-----  
[The Complete Idiot's Guide to Lowering your Cholesterol\\_ 下载链接1](#)