

Count Out Cholesterol: American Medical Association Campaign Against Cholesterol



[Count Out Cholesterol: American Medical Association Campaign Against Cholesterol 下载链接1](#)

著者:

出版者:

出版时间:

装帧:

isbn:9780394577166

By concentrating on two dietary factors--saturated fat and soluble fiber--readers will discover simple ways to lower cholesterol without a rigid diet, boring foods, or great sacrifice. Includes a complete cholesterol counter and easy-to-use worksheets.

作者介绍:

目录:

[Count Out Cholesterol: American Medical Association Campaign Against Cholesterol 下载链接1](#)

标签

评论

[Count Out Cholesterol: American Medical Association Campaign Against Cholesterol_下载链接1](#)

书评

[Count Out Cholesterol: American Medical Association Campaign Against Cholesterol_下载链接1](#)