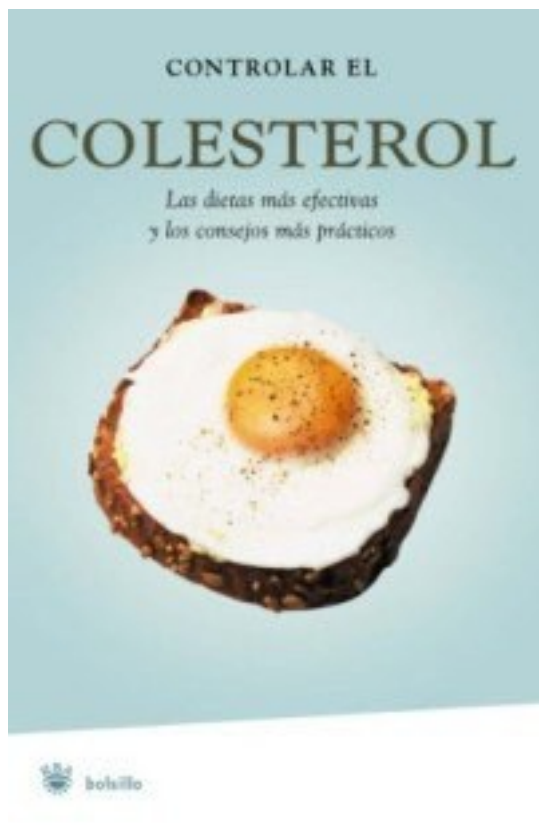


Controlar el Colesterol



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All you need to know about cholesterol ?its functions, ?good? and ?bad? cholesterol, and how to lower high levels. Cholesterol is an essential lipid yet studies confirm that a direct relation exists between high cholesterol levels and cardiovascular diseases. This book provides guidelines for a healthy, low-cholesterol diet, listing foods to avoid and nutritional supplement suggestions.

作者介绍:

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