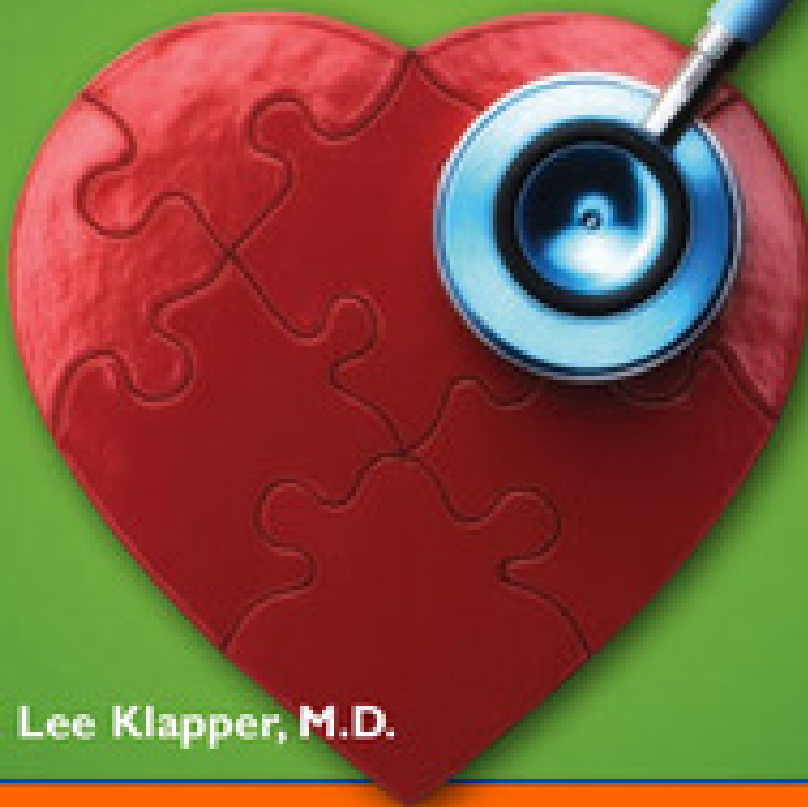


THE
**COMPLETE
IDIOT'S
GUIDE**¹⁰

Step-by-step
cholesterol-cutting
strategies for a
healthier heart

Lowering Your Cholesterol



Joseph Lee Klapper, M.D.

The Complete Idiot's Guide to Lowering your Cholesterol

Joseph Lee Klapper

heart specialist Joseph Lee Klapper, M.D., supplies an in-depth but available rationalization of levels of cholesterol — and explores how one can decrease The Complete Idiot's Guide to Lowering your Cholesterol them. Weighing the professionals and cons of numerous approaches, together with a holistic The Complete Idiot's Guide to Lowering your Cholesterol approach, Western medications, traditional remedies, and new equipment at the horizon, he then takes you step by step via a medically confirmed plan for laying off ldl cholesterol points. By 2010, the major cause of demise all over the world may be center disease, some distance more than infections, AIDS, and different killers. Explores many modern heart-smart diets and offers pattern menus very important information regarding exercise, threat factors, statins and different Western ldl cholesterol reducing medications; herbs, supplements, and common remedies; and antioxidants, gene therapy, and new medicinal drugs

The Complete Idiot's Guide To Lowering Your Cholesterol

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