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THE RUTGERS GUIDE TO LOWERING YOUR CHOLESTEROL

A COMMON-
SENSE
APPROACH

HANS FISHER, PH.D.
AND EUGENE BOE



Rutgers Guide To Lowering Your Cholesterol A Common Sense Approach

Prevention (Firm : Emmaus, Pa.)



Rutgers Guide To Lowering Your Cholesterol A Common Sense Approach:

The Rutgers Guide to Lowering Your Cholesterol Hans Fisher, Eugene Boe, 1985 **The Rutgers Guide to Lowering Your Cholesterol** Hans Fisher, Eugene Boe, 1985 Abstract Believing that there has never been a book to tell the average person all he or she needs to know about cholesterol this book was written to fill the void Recent research linking cholesterol with heart attacks is reviewed with the key to control thought to be in dietary reform After defining the risks in America and abroad the various types of cholesterol are discussed in terms of negative or positive effects Life style exercise obesity stress and dietary friends enemies as related to cholesterol control are topics addressed Additionally cholesterol content of foods food choices and recipes are included along with chapter notes **Cholesterol Lowering and Controlling** Patricia T. Krimmel, Edward A. Krimmel, 1990 **Health Related Cookbooks** Tian-Chu Shih, 1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA The New York Times Book Review ,1985-07 Presents extended reviews of noteworthy books short reviews essays and articles on topics and trends in publishing literature culture and the arts Includes lists of best sellers hardcover and paperback **The Consumer Health Information Source Book** Alan M. Rees, Catherine Hoffman, 1990 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what s most important in the world of alternative medicine The sixty edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it *Journal of the American Medical Women's Association* American Medical Women's Association, 1987 **Jim Kobak's Kirkus Reviews** ,1985 Medical and Health Care Books and Serials in Print ,1986 **Bulletin of the Medical Library Association** Medical Library Association, 1988 **Journal of the Canadian Dietetic Association** Canadian Dietetic Association, 1985 Prevention Prevention (Firm : Emmaus, Pa.), 1985 Kirkus Reviews ,1985 Adult books are categorized by genre i e fiction mystery science fiction nonfiction Along with bibliographic information the expected date of publication and the names of literary agents for individual titles are provided Starred reviews serve several functions In the adult section they mark potential bestsellers major promotions book club selections and just very good books in the children s section they denote books of very high quality The unsigned reviews manage to be discerning and sometimes quite critical **Choice** ,1985 **Journal of the American Dietetic Association** ,1986 Subject Guide to Books in Print ,1993 Technical Book Review Index ,1986 *Library Journal* ,1986 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *The Cumulative Book*

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