

Rutgers Guide to Lowering Your Cholesterol: A Commonsense Approach

Fisher, Hans

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Rutgers Guide To Lowering Your Cholesterol A Common Sense Approach

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Rutgers Guide To Lowering Your Cholesterol A Common Sense Approach:

The Rutgers Guide to Lowering Your Cholesterol Hans Fisher, Eugene Boe, 1985 *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 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 **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 **Journal of the American Medical Women's Association** American Medical Women's Association, 1987 **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 **Medical and Health Care Books and Serials in Print**, 1986 **Jim Kobak's Kirkus Reviews**, 1985 **Prevention** Prevention (Firm : Emmaus, Pa.), 1985

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