



Good Cholesterol, Bad Cholesterol

By Anita Hirsch

Paperback. Book Condition: New. Not Signed; High cholesterol is an important risk factor for heart disease, heart attack, and strokes. And although cholesterol screening is one of the most widely administered and evaluated blood tests, many people don't realize that our bodies require some cholesterol to function normally and remain confused about which cholesterol is the good one and which is the bad. Now, in Good Cholesterol, Bad Cholesterol, Hirsch presents a clear, concise primer to all the varieties of this blood lipid, including HDL (high-density lipoprotein), LDL (low-density lipoprotein), VDL (very low density lipoprotein), and others, as well as the connection between the ways various types of fat affect cholesterol levels. Providing essential information about how cholesterol relates to heart disease, stroke, and other life-threatening medical conditions, this essential primer also provides guidance about how to manage your cholesterol levels--through diet, exercise, and stress management--for optimum, lifelong health. book.



READ ONLINE
[9.49 MB]

Reviews

An exceptional book and also the font utilized was intriguing to read. This is for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Prof. Tyson Hilpert

Without doubt, this is actually the best job by any publisher. It is writter in basic phrases instead of difficult to understand. You will like the way the author publish this publication.

-- Dr. Marvin Deckow