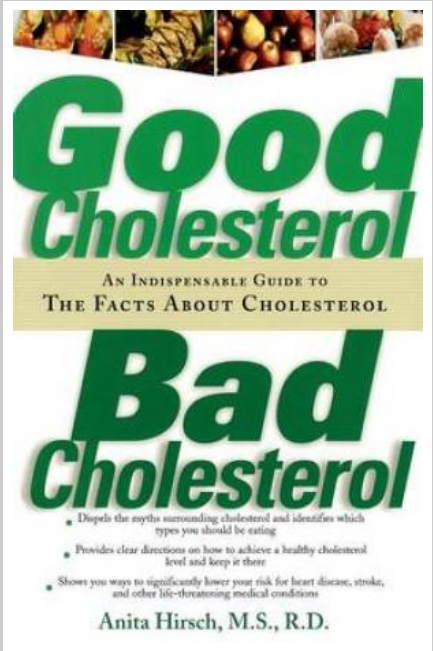



DOWNLOAD PDF

# 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
[ 6.64 MB ]

### Reviews

*This is the very best publication i have got go through until now. I am quite late in start reading this one, but better then never. I discovered this pdf from my dad and i encouraged this book to understand.*

-- ***Casimer McGlynn***

*Completely essential study ebook. This is for all those who statte there was not a well worth reading. I realized this book from my dad and i recommended this publication to find out.*

-- ***Jarrell Kovacek***