



Controlling Cholesterol: Dr. Kenneth H. Cooper's Preventative Medicine Program

Kenneth H. Cooper

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This first and only authoritative mass market bestseller on cholesterol contains the most up-to-date, medically sound information on diet, nutrition, exercise and lifestyle--and their impact on coronary problems. Includes the latest information on determining a coronary risk profile, an all-new exercise program, low-cholesterol recipes and more.

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