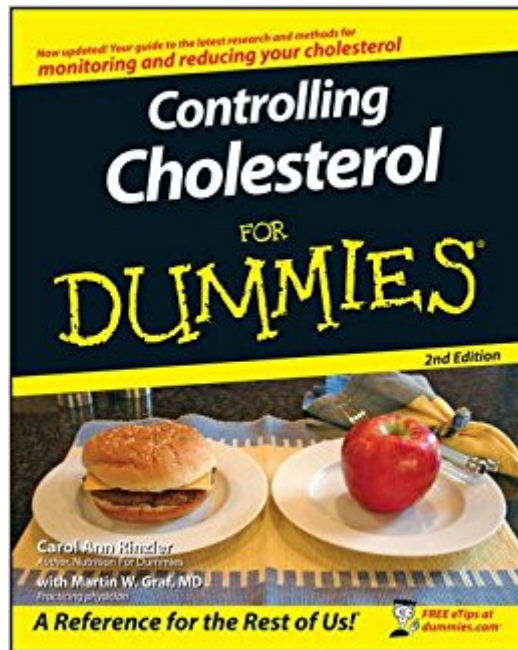




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Controlling Cholesterol For Dummies



Synopsis

Need to get your cholesterol in check? Youâ€™ll find the latest information about cholesterol, including treatments, drug information, and dietary advice, in *Controlling Cholesterol For Dummies*, 2nd Edition, an easy-to-understand guide to cholesterol control. Youâ€™ll learn how to lower your numbers and maintain healthy cholesterol levels. Youâ€™ll also find out how to eat and exercise properly, use vitamins and supplements, and quit unhealthy habits. Youâ€™ll find out cholesterolâ€™s positive functions and why too much can be a bad thing. You can also assess your cholesterol risk by taking your age, sex, ethnicity, and family history into consideration. Find out what you need to ask your doctor about stress tests, ECBT, and angiograms to check for plaque buildup. Design a cholesterol-crushing diet and understand which foods can help you lower your numbers. Find out how smoking, alcohol, exercise, excess weight, supplements, and prescription medications affect your cholesterol levels. Find out how to:

- Assess your cholesterol risk
- Understand the benefits and risks associated with cholesterol
- Design and adhere to a cholesterol-lowering diet
- Avoid dangerous drugs
- Reduce your risk of heart attack
- Choose fats and fibers correctly
- Check for plaque buildup

Complete with lists of ten important cholesterol websites, ten nutrition websites, ten cholesterol myths, ten landmarks in cholesterol history, ten foods that raise your cholesterol, and ten foods that lower your cholesterol, *Controlling Cholesterol For Dummies*, 2nd Edition will help keep your cholesterol levels under control for good!

Book Information

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Customer Reviews

"the authors...know their stuff...the book is a fairly painless way to learn more about subjects you might rather avoid." -- Chicago Tribune, December 1, 2002"the authors...know their stuff...the book is a fairly painless way to learn more about subjects you might rather avoid." ("Chicago Tribune," December 1, 2002)"the authors...know their stuff...the book is a fairly painless way to learn more about subjects you might rather avoid." (Chicago Tribune, December 1, 2002) --This text refers to an out of print or unavailable edition of this title.

Covers the latest treatments and drugs, plus side effects The fun and easy way[®] to get your cholesterol under control and live a long, healthy life Need to get your cholesterol in check? This easy-to-follow guide gives you the latest on lowering your numbers and maintaining healthy cholesterol levels. You'll see how to eat and exercise properly, use vitamins and supplements, and quit unhealthy habits. You'll also get new information on prescription drugs and the benefits of moderate drinking. THE DUMMIES WAY[®] Explanations in plain English "Get in, get out" information Icons and other navigational aids Online cheat sheet Top ten lists A dash of humor and fun Discover how to: Know your cholesterol risk Understand "good" and "bad" cholesterol Follow a cholesterol-lowering diet Avoid dangerous drugs Reduce your risk of heart attack Get smart! @www.dummies.com Find listings of all our books Choose from many different subject categories Sign up for eTips at etips.dummies.com

This book has a lot of information and I learned some things I never knew. For one thing there are some vegetables that actually raise triglycerides...which is what I'm actually more interested in than cholesterol. I did find a couple of items that conflicted with other information I've gotten from my doctor and other readings. For one thing, it says that someone with triglycerides should use oils that have polyunsaturated fats where others have said to use monounsaturated fats. Along the same line, this book says olive oil is high in monounsaturated fats and corn oil is polyunsaturated, however, other places say olive oil is poly and corn oil is poly. A little further research is necessary. Otherwise it is an easy read with a lot of information, although perhaps too much chemistry for my understanding.

My husband is having trouble getting his cholesterol down. My hope is that this book will help give us ideas for snacks and meals. We have found the snack suggestions very helpful. Easy to read and comprehend.

Quick ship, good packaging, competitive price, and is written at a perfect level for the non-medically

trained person.

I was in need of a Simple Start for Controlling my Cholesterol- In my opinion the " Dummies Series" in most any type of self help needs- I find a good place to start. And once again I found that to be true to a point. Just understanding the Terminology of which Fat is the most important to Alter Quickly. This series was helpful. I would suggest it to others- who are looking for the " Basic Starting Point" I always Start any search for any type of information with . And seldom have they let me down. I will continue to check before any other type of Book. This is an " Reviewed Item".

This book really helped me put my high cholesterol into perspective. While the LDL is high, so is my HDL. I'm working on bringing it all in line without meds. This book helped with that. Really easy to understand.

This is a fantastic book for learning all about the cholesterol which is the reason why I bought it. However, after I read it, I was pleasantly surprised to find this book to be better than most popular "diet" books out there. It's straight forward (with humor!), contains lots of informative facts, many handy references (web sites, phone numbers, statistics etc.), considerate of the reader and not out to please any interest groups (i.e., honest). What more can you ask for! This book is well worth your money.

I'm always looking for info on cholesterol this is an easy read and easy to understand excellent book.

Interesting

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