



101 Ways to Lower Your Cholesterol: Easy Tips that Allow You to Take Control, Reduce Risk, and Live Longer

Shirley S. Archer, David Edelberg

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Today, more than ever, people are thinking about their cholesterol levels. But the resources they've had to help them be healthy were intimidating and expensive--until now.

This guide is the non-intimidating, easy-to-follow, one-stop resource for managing and maintaining healthy HDL, or "good" cholesterol levels.

From recognizing the risks of high cholesterol and artery blockage to creating a sound diet and exercise plan, this is a comprehensive yet uncomplicated guide. In bite-sized tips, it provides the keys to lowering the risk of heart disease--the leading killer of men and women in the United States.

Helping you take the steps you need to live a healthier lifestyle, this tip-based book is the ultimate collection of life-saving suggestions for anyone affected by bad cholesterol.

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