



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

By Kenneth H. Cooper

Bantam Doubleday Dell Publishing Group Inc, United States, 1990. Paperback. Book Condition: New. Reissue. 173 x 104 mm. Language: English . Brand New Book. 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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*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Dr. Easton Collier DVM**