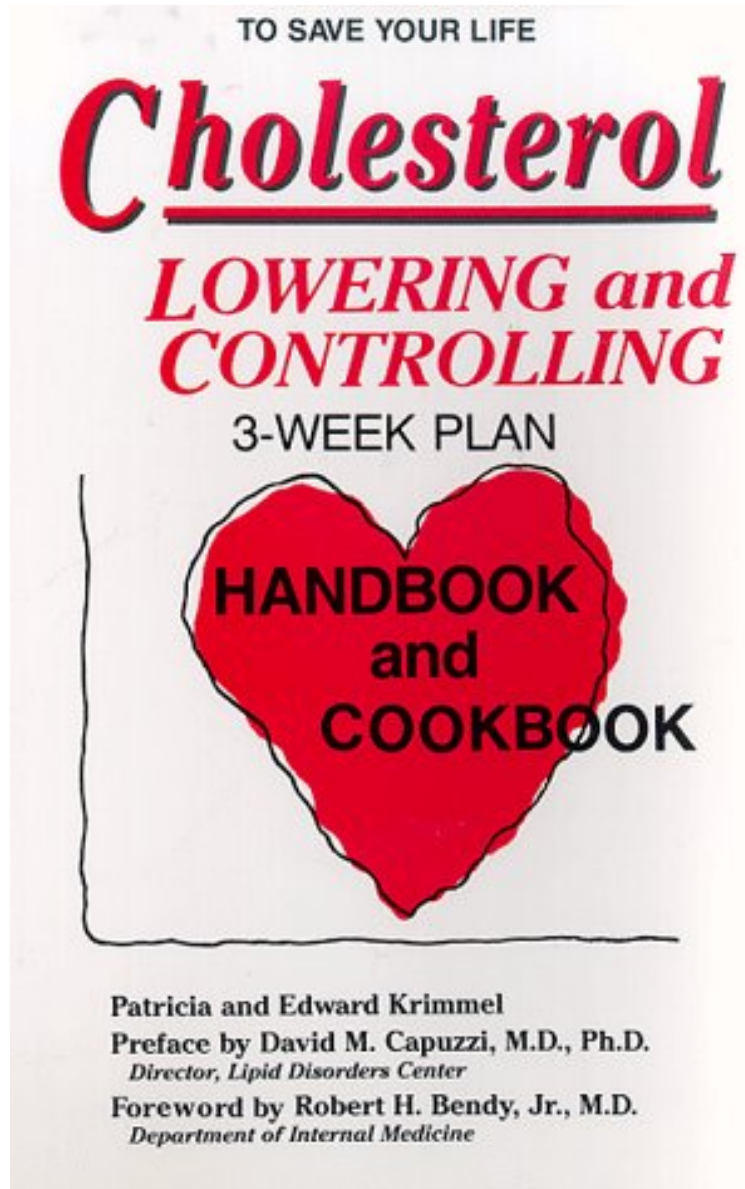


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## Cholesterol: Lowering and Controlling : 3 Week Plan, Handbook and Cookbook

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## Cholesterol: Lowering and Controlling : 3 Week Plan, Handbook and Cookbook:

**FOR THOSE AT RISK** The information in this book is for you and your loved ones! Anyone, regardless of age, gender or ethnic background, can develop a high cholesterol level without even being aware of it. Are you one of the many individuals who has or is at risk for developing cardiovascular disease? This book: A. Enables you to understand and work more easily with your physician in lowering and controlling your cholesterol. B. Is a guide for having your cholesterol level checked and helping you understand the results. C. Enables you to be successful in lowering your cholesterol level, if necessary, in the easiest way and the shortest period of time. D. Helps you understand some basic information about your own body chemistry and its relationship to the foods you eat and their relationship to cholesterol. E. Explains the relationship of cholesterol to cardiovascular diseases. Lowering your cholesterol level is a personal affair. Only through personal initiative, understanding your body chemistry and following a proper program can your cholesterol level be controlled. The information in this book is not for self diagnosing but does enable you to work more effectively with your doctor. Physicians do recommend this book. Your heart, a muscle the size of your fist, beats about 100,000 times per day while pumping approximately 2,000 gallons of blood through 12,400 miles of blood vessels.

The Cholesterol Lowering and Controlling Handbook and Cookbook takes a dual approach to the topic. The first section focuses on education about lipids, while the second part presents over 60 lowfat recipes. The discussion of the composition of lipids is simple and readily understandable by the lay reader. The first chapter reviews the types of cholesterol and how the various lipids are related. High cholesterol is defined, with a chart listing desirable levels. The next two chapters discuss lowering and controlling cholesterol and include a somewhat detailed 3 week plan for initial cholesterol management. The fourth chapter reviews meal planning, food preparation, shopping and label reading. Chapter five, which discusses the seriousness of atherosclerosis, stresses the negative effects of high lipid levels on health. Risk factors for cardiovascular disease are listed and discussed. Chapter six thoroughly discusses the proper methods for blood lipid testing. The information on the interpretation of test results is clear and concise. Chapter seven's question and answers format includes a good cross section of the questions commonly asked with appropriate answers. -- Linda Blasen, certified family nurse practitioner; Advance/Physician's Assistant, February, 1996