



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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