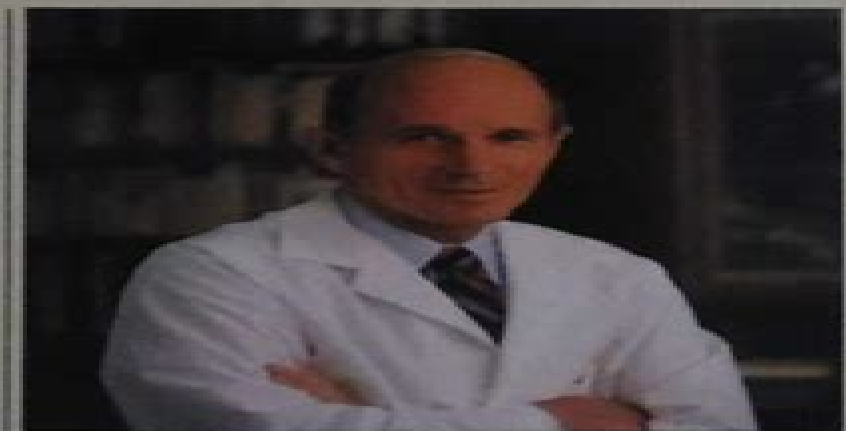


DR. KENNETH H. COOPER'S
PREVENTIVE MEDICINE PROGRAM

Controlling Cholesterol



KENNETH H. COOPER, M.D., M.P.H.

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Controlling Cholesterol Kenneth H. Cooper, 2010-03-31 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 Dr. Kenneth H. Cooper's Preventive Medicine Program Kenneth H Cooper, MD,

MPH, 1988-02-01 The first of a five book series is the definitive guide to the latest medical information on diet nutrition exercise and lifestyle and its impact on proper coronary care Step by step guidelines help protect the heart and dramatically reduce susceptibility to cardiovascular disease *Forthcoming Books* Rose Arny, 1989-05 *UMAP Modules* COMAP, 1990

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In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Controlling Cholesterol Dr Kenneth H Coopers Preventative Medicine Program**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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