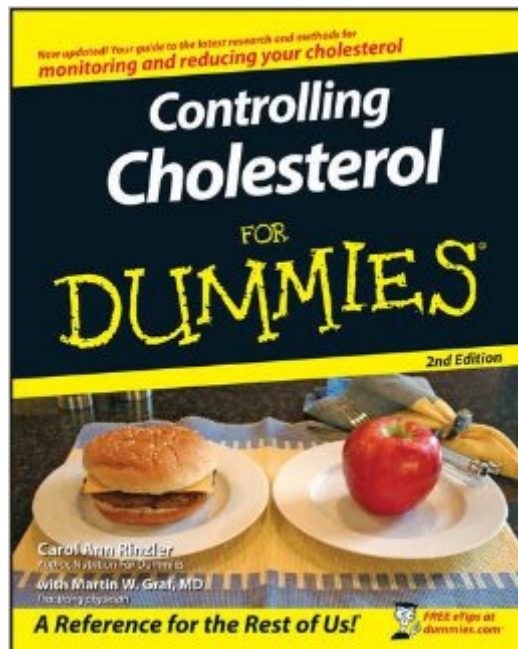


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# Controlling Cholesterol For Dummies



## Synopsis

Need to get your cholesterol in check? You'll find the latest information about cholesterol, including treatments, drug information, and dietary advice, in *Controlling Cholesterol For Dummies, 2nd Edition*, an easy-to-understand guide to cholesterol control. You'll learn how to lower your numbers and maintain healthy cholesterol levels. You'll also find out how to eat and exercise properly, use vitamins and supplements, and quit unhealthy habits. You'll find out cholesterol's positive functions and why too much can be a bad thing. You can also assess your cholesterol risk by taking your age, sex, ethnicity, and family history into consideration. Find out what you need to ask your doctor about stress tests, ECBT, and angiograms to check for plaque buildup. Design a cholesterol-crushing diet and understand which foods can help you lower your numbers. Find out how smoking, alcohol, exercise, excess weight, supplements, and prescription medications affect your cholesterol levels. Find out how to:

- Assess your cholesterol risk
- Understand the benefits and risks associated with cholesterol
- Design and adhere to a cholesterol-lowering diet
- Avoid dangerous drugs
- Reduce your risk of heart attack
- Choose fats and fibers correctly
- Check for plaque buildup

Complete with lists of ten important cholesterol websites, ten nutrition websites, ten cholesterol myths, ten landmarks in cholesterol history, ten foods that raise your cholesterol, and ten foods that lower your cholesterol, *Controlling Cholesterol For Dummies, 2nd Edition* will help keep your cholesterol levels under control for good!

## Book Information

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## Customer Reviews

When my cholesterol levels went sky high, I started a proactive approach to do all that I could to lower them . . . one thing I've been doing is to read all I can about the subject, including *CONTROLLING CHOLESTEROL FOR DUMMIES* (2nd ed.) by Carol Ann Rinzler. This informative guide contained all the information I wanted to know about the subject--and then some . . . I could have done without some of the material that was surprisingly technical, and 53 pages at the end about calories and other nutrients in food were about 52 too many for me. Yet that's not to say that much else of the rest of the information made it a most worthwhile book for me to have read . . . I learned, for instance, about something called BMI or body mass index: \* BMI is a unisex measure of weight relative to height, a number--such as 24--that serves as a predictor of your risk for weight-related illnesses, such as diabetes, high blood pressure, heart disease, stroke, gallbladder disease, and arthritic pain. The higher your number, the higher your risk . . . The equation looks like this:  $BMI = (\text{weight in pounds} / \text{height in inches} \times \text{height in inches}) \times 705$  To get your own BMI, plug your numbers into the BMI equation. For example, if you're 5' 3" tall and weight 138 pounds, the result is 24.5. Its significance lies in the fact that after you do the computation, you can effectively use it to view the various categories of BMI (and what they mean): Underweight: BMI lower than 18.5. Normal: BMI of 25 to 29.9 (A moderate risk of weight-related health problems.) Overweight: BMI of 30 to 39.9.

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