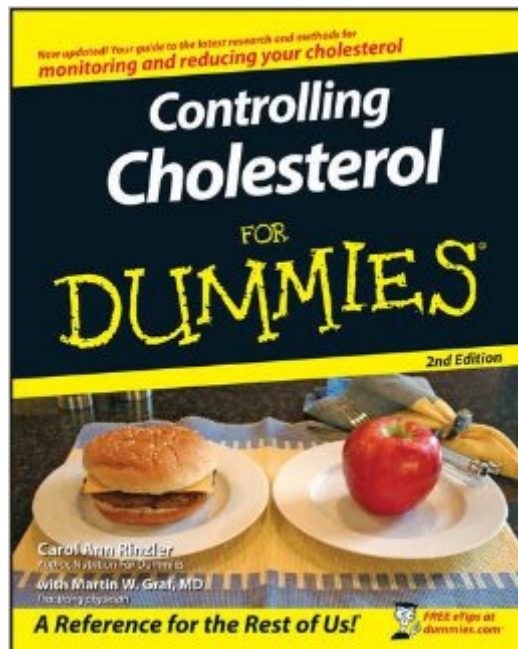


The book was found

# 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

Paperback: 360 pages

Publisher: For Dummies; 2 edition (April 28, 2008)

Language: English

ISBN-10: 0470227591

ISBN-13: 978-0470227596

Product Dimensions: 7.4 x 0.8 x 9.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (42 customer reviews)

Best Sellers Rank: #324,560 in Books (See Top 100 in Books) #105 in [Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol](#) #214 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #5483 in [Books > Health, Fitness & Dieting > Diets & Weight Loss](#)

## 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.

[Download to continue reading...](#)

Cholesterol: Cholesterol Lowering Guide To How To Lower Cholesterol Naturally And Reduce High Cholesterol With Cholesterol Lowering Strategies To Lower ... Lower Cholesterol (Coronary Heart Disease) Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) Cholesterol: The Great Cholesterol Hoax: Why Cholesterol Lowering Drugs Won't Help You Live One Day Longer And Drug Companies Know It (Cholesterol diet, ... Cholesterol lowering foods, heart disease) Cholesterol: Cure for beginners - (NEW EDITION - UPDATED & EXPANDED) Understanding, Treating and Preventing High-Cholesterol (Cholesterol Cure Books - Cholesterol Treatment Book 1) Cholesterol: The Natural Solution: Simple Lifestyle Changes to Lower Cholesterol Naturally and Prevent Heart Disease (Lowering Cholesterol) (Volume 1) Controlling Cholesterol For Dummies Regaining The Power Of Youth at Any Age: Startling New Evidence from the Doctor Who Brought Us Aerobics, Controlling Cholesterol and the Antioxidant Revolution American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th edition: Delicious Recipes to Help Lower Your Cholesterol The

Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease:  
Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will The  
Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering  
Your Cholesterol Won't Prevent Heart Disease and the Statin Free Plan and Diet that Will American  
Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help  
Lower Your Cholesterol (Random House Large Print Nonfiction) American Heart Association  
Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol  
ATKINS DIET CARBOHYDRATE GRAM COUNTER: LOW CARB DIET: Ultimate Atkins Diet Made  
Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol ... Low Cholesterol  
Weight Loss Diet) Mushrooms: A New Ultimate Guide to Growing Mushrooms at Home For  
Dummies: (Mushroom Farming, How to Grow Oyster Mushrooms, Edible Mushrooms) (Farming For  
Dummies, Gardening For Dummies Book 2) Robot Programming: A Guide to Controlling  
Autonomous Robots Ticks Off! Controlling Ticks That Transmit Lyme Disease on Your Property  
Atkins Diabetes Revolution: The Groundbreaking Approach to Preventing and Controlling Type 2  
Diabetes Diabetes: The Best Diabetic Cookbook - Over 30 Healthy and Delicious Recipes That Will  
Help You Start Controlling Your Diabetes (Diabetes Food, diabetes diet plan, diabetic diet books)  
Natural Relief for Your Child's Asthma: A Guide to Controlling Symptoms & Reducing Your Child's  
Dependence on Drugs

[Dmca](#)