

Healthy Cholesterol (Paperback)



Filesize: 2.36 MB

Reviews

This book is wonderful. it absolutely was writtern very completely and valuable. Your lifestyle period will be enhance once you full reading this article pdf.

(Alivia Hartmann)

HEALTHY CHOLESTEROL (PAPERBACK)

DOWNLOAD



Wilkinson Publishing, Australia, 2017. Paperback. Condition: New. Language: English . Brand New Book. The global statistics around coronary heart disease, heart attack and stroke are truly alarming. The rates of high blood pressure and cholesterol, both major risk factors of the above conditions, are also extraordinary. The tragedy is that the rates are rising worldwide, despite how easy it can be in many circumstances to reduce risk. Healthy Cholesterol looks at what high cholesterol and high blood pressure are and why they can be so dangerous, and, in particular, why atherosclerosis, or plaque build-up in the arteries, is the most significant consequence of these conditions and causal factor of heart attack, stroke and coronary heart disease. Risk factors associated with high blood pressure and cholesterol and treatments, including non pharmacological intervention, are also explored. Finally, Healthy Cholesterol looks at the ways we can reduce or reverse our risk of high blood pressure and high cholesterol, and, ultimately, our risk of heart attack, stroke and coronary heart disease.



[Read Healthy Cholesterol \(Paperback\) Online](#)



[Download PDF Healthy Cholesterol \(Paperback\)](#)

Other Kindle Books



I Am Reading: Nurturing Young Children's Meaning Making and Joyful Engagement with Any Book

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It's vital that we support young children's reading in ways that nurture healthy...

[Download PDF](#)

»



The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators...

[Download PDF](#)

»



DK READERS Pirates Raiders of the High Seas

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.8in. x 5.9in. x 0.2in. Meet Pirates who got away with murder... and pirates who died in the hangman's noose! These 48-page books about...

[Download PDF](#)

»



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

[Download PDF](#)

»



Words and Rhymes for Kids: A Fun Teaching Tool for High Frequency Words and Word Families

AUTHORHOUSE, United States, 2009. Paperback. Book Condition: New. 279 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****. This book is designed to make learning fun for children in kindergarten through...

[Download PDF](#)

»