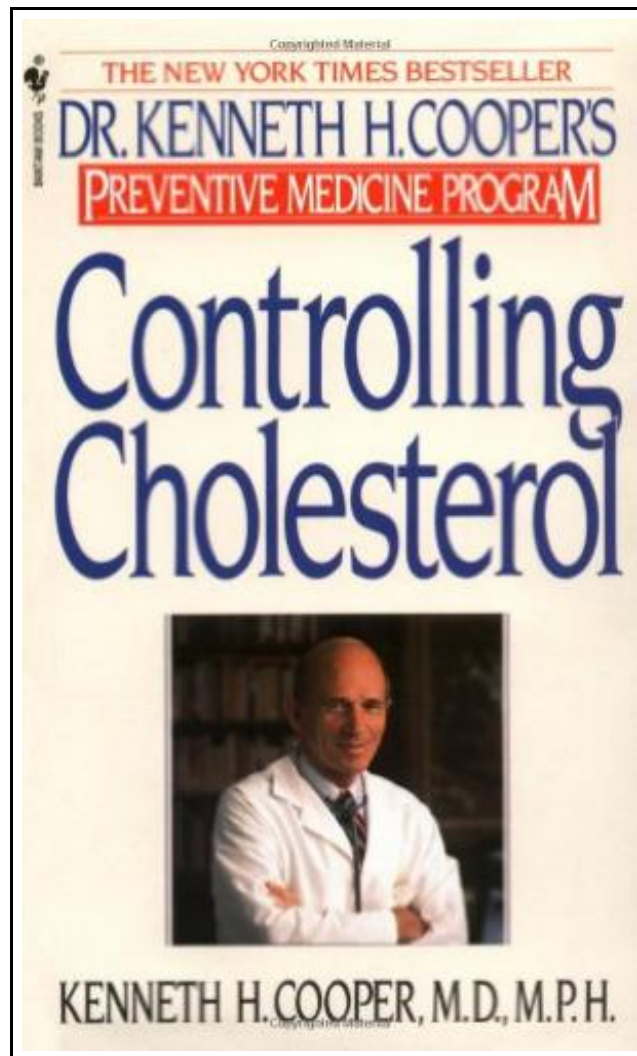


Controlling Cholesterol: Dr. Kenneth H. Cooper s Preventive Medicine Program



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Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

(Myrl Hintz)

CONTROLLING CHOLESTEROL: DR. KENNETH H. COOPER S PREVENTIVE MEDICINE PROGRAM



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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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