



50 Ways to Lower Cholesterol (50 Ways...Series)

Mary McGowan

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Because diet, weight, exercise, and genetics determine cholesterol levels, the treatment of a cholesterol disorder requires a multifaceted approach. *50 Ways to Lower Your Cholesterol* provides you with a proven plan to lower cholesterol. Here, the author delivers sound advice, 50 workable solutions, explanations of both "good" and "bad" cholesterol, and the latest information on key treatments--including LDL-apheresis, superstatins, and cholesterol ester transfer protein inhibitors--medication, and supplements.

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