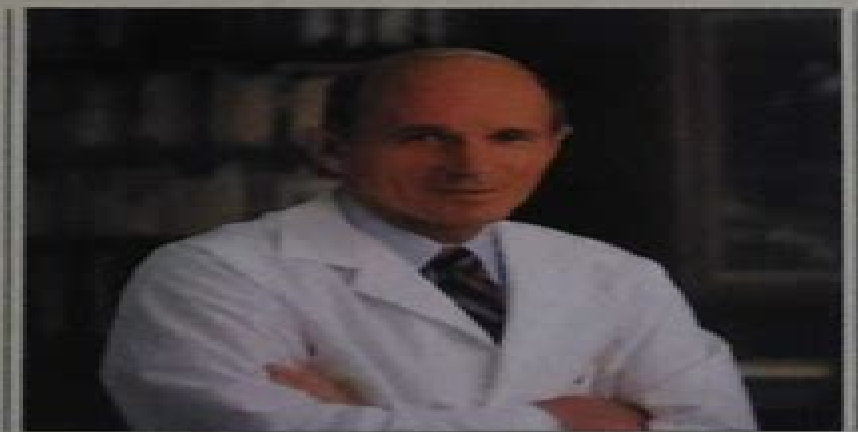


DR. KENNETH H. COOPER'S
PREVENTIVE MEDICINE PROGRAM

Controlling Cholesterol



KENNETH H. COOPER, M.D., M.P.H.

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Controlling Cholesterol Kenneth H. Cooper, 2010-03-31 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

Dr. Kenneth H. Cooper's Preventive Medicine Program Kenneth H Cooper, MD, MPH, 1988-02-01 The first of a five book series is the definitive guide to the latest medical information on diet nutrition exercise and lifestyle and its impact on proper coronary care Step by step guidelines help protect the heart and dramatically reduce susceptibility to cardiovascular disease The New York Times Book Review , 1989 **UMAP Modules**

COMAP, 1990 **Forthcoming Books** Rose Army, 1989-09 **Time** Briton Hadden, Henry Robinson Luce, 1988 **The Publishers Weekly** , 1988 **Books in Print Supplement** , 1988 **Medical and Health Care Books and Serials in Print** , 1986 **Paperbound Books in Print** , 1992 □□□□ , Subject Guide to Children's Books in Print 1997 Bowker

Editorial Staff, R R Bowker Publishing, 1996-09 **Controlling Cholesterol the Natural Way** Kenneth H. Cooper, William Proctor, 2008-12-10 Dr Kenneth H Cooper s all new plan to lower cholesterol without drugs The Old News Elevated levels of cholesterol put you at risk for heart attack and stroke The New News Now you can control cholesterol naturally Dr Kenneth H Cooper a leading authority on controlling cholesterol shares his all new plan for balancing your blood lipids without drugs and without side effects Drawing on clinical trials and the most up to date medical research Dr Cooper explains how exciting new food discoveries can give you a revolutionary new way to manage your cholesterol Inside you ll discover How the new functional foods such as Benecol and Take Control can lower bad cholesterol while improving the ratio between good and bad cholesterol in only three weeks How these anti cholesterol foods work why they are safe to use and who should use them How Dr Cooper s approach can end or greatly reduce your use of prescription cholesterol lowering medications Expert advice on diet and exercise including recipes and more amazing nutritional discoveries And much more You don t have to go farther than your fridge to find an effective nonprescription cholesterol controlling product **Aerobics Program for Total**

Well-Being Kenneth H Cooper, MD, MPH, 1982-10-01 *Who's Who in the West* Marquis Who's Who, LLC, 2002-09

Start Strong, Finish Strong Kenneth H. Cooper, Tyler C. Cooper, William Proctor, 2007 For many people growing old means gradually slowing down losing strength balance and even mental clarity But is this physical decline inevitable Absolutely not say the Coopers Start Strong Finish Strong is about living the life we all want now and as we age It s about breaking free from chronic pain and nagging injuries It s about refusing to give up the activities we love and discovering new ones along the way Dr Kenneth H Cooper the father of aerobics and the world s leading authority on preventive medicine joins forces with his son Dr Tyler C Cooper Together they give readers the tools to start strong and finish strong Exercise is the primary way to keep our bodies strong flexible and vital so it s obviously a centerpiece to the plan Other equally

important components include the Coopers unique gold standard annual medical exams that can pinpoint potential health problems before they get out of control good food in healthy portions a strategic approach to supplements help with bad habits like smoking and substance abuse and a well developed mind spirit practice Readers who follow Dr Ken and Dr Tyler Cooper s individualized adjustable program can expect to feel younger with each passing year The Coopers simple intergenerational strategy for starting and finishing strong tackles obstacles that interfere with true fitness gets to the root of common excuses helps readers to identify special motivational buttons that will make them feel good as they get in shape and explores the latest science that can enhance personal progress Along the way the Coopers bring their years of experience to readers with engaging case studies and stories

Cholesterol Control Dr Bruce Miller, 2016-01-01 You have choices in heart disease You can choose to do nothing then perhaps have a heart attack and die prematurely If you survive the heart attack you could have the fun of a 30 000 bypass You might get lucky and just need a 7 500 angioplasty However for very little money you can read and apply the information in this book The vast majority of people are nutrition lifestyle responsive and this book tells you what to do Heart disease is the number one cause of death both in men and women in North America This is tragic because of all of our major causes of death this is the easiest to prevent Over 50 percent of adults have an increased risk of heart attack because their blood cholesterol levels are above the desirable range Interestingly people in most parts of the world do not get heart disease In this book you will learn their secrets Using the programs and suggestions outlined you will learn ways to reduce cholesterol significantly Read this next statement carefully because it is extremely important Most people can reduce their risk of coronary heart disease by as much as two percent for each one percent drop in cholesterol This means you could reduce your risk of coronary heart disease by 25 percent By following the suggestions in this book most people will experience a significant drop in cholesterol in just four to six weeks Complex terms like HDL LDL cholesterol and triglycerides are made easy to understand This book covers dietary changes and food supplements to lower your heart attack risk in only four to six weeks Since heart disease is our number one killer it is most prudent to follow the simple suggestions in this book to greatly decrease your chances of becoming a heart disease statistic

Managing Cholesterol in the 21st Century Kenneth H. Cooper, 1999

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