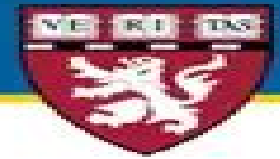


THE HARVARD MEDICAL  
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# *Lowering Your*

What a  
Harvard Doctor  
*Wants You*  
to Know!

# Cholesterol

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FREEMAN, M.D.**  
ASSOCIATE PROFESSOR,  
HARVARD MEDICAL SCHOOL  
WITH  
**CHRISTINE JUNGE**

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- ✓ What you can do without drugs

# The Harvard Medical School Guide To Lowering Your Cholesterol

**Lawrence Epstein, Steven Mardon**



## **The Harvard Medical School Guide To Lowering Your Cholesterol:**

*Harvard Medical School Guide to Lowering Your Cholesterol* Mason W. Freeman, Christine E. Junge, 2005-03-03 From the experts at one of the world's most respected medical schools your complete guide to managing cholesterol and staying healthy for life Everybody knows that high cholesterol is something to be concerned about But what does it really mean when your doctor tells you that your cholesterol levels are high and what should you do about it If you're worried about your cholesterol here's your chance to get the answers you need from a top expert at the Harvard Medical School As founder and chief of the prestigious Lipid Metabolism Unit at Massachusetts General Hospital Dr Mason W Freeman treats hundreds of patients each year and oversees breakthrough cholesterol research In *The Harvard Medical School Guide to Lowering Your Cholesterol* he explains What cholesterol is and the difference between good and bad cholesterol How to assess your risk for high cholesterol How to work with your doctor to develop the best treatment plan for you Cholesterol lowering drugs who should take them what to look out for and how to be sure your doctor is monitoring you properly How to manage your cholesterol through diet and exercise The latest scientific findings on alternative therapies About the Harvard Medical School health guide series Each book from Harvard Medical School gives you the knowledge you need to understand and take control of your health In every book a world renowned expert from Harvard Medical School provides you with the latest information on diagnosis traditional and alternative treatments home remedies and lifestyle changes that can make a powerful difference in your health

**Lowering Your Cholesterol** Freeman, 2005-07 As founder and chief of the prestigious Lipid Metabolism Unit at Massachusetts General Hospital Dr Mason W Freeman treats hundreds of patients each year and oversees breakthrough cholesterol research In *The Harvard Medical School Guide to Lowering Your Cholesterol* he explains What cholesterol is and the difference between good and bad cholesterol How to assess your risk for high cholesterol How to work with your doctor to develop the best treatment plan for you Cholesterol lowering drugs who should take them what to look out for and how to be sure your doctor is monitoring you properly How to manage your cholesterol through diet and exercise The latest scientific findings on alternative therapies

*The Harvard Medical School Guide to a Good Night's Sleep* Lawrence Epstein, Steven Mardon, 2007-04-10 Put your sleep problems to rest with this proven six step plan How many times have you heard it's important to get a good night's sleep It sounds simple but it isn't always easy Now one of the nation's leading sleep experts gives you a step by step program for overcoming sleep problems from insomnia and snoring to restless legs syndrome and sleep apnea Dr Lawrence Epstein of Harvard Medical School reveals his proven six step plan to maximize your nights and energize your days He explains the health benefits of sleep and identifies signs of sleep problems as he gives in depth advice on how to Turn your bedroom into the optimal sleep environment Finally overcome insomnia Silence buzz saw snoring Relax restless legs Deal with daytime exhaustion Determine if sleep medication is right for you Improve your sleep by improving your child's sleep

*The Harvard Medical School Guide to Men's Health* Harvey B. Simon, 2004-02-03

Presents practical health advice for men covering diet and exercise supplements alcohol stress control men s diseases and disorders and the health care system **The Harvard Medical School Guide to Tai Chi** Peter M. Wayne, PhD,2013-04-09

A longtime teacher and Harvard researcher presents the latest science on the benefits of T ai Chi as well as a practical daily program for practitioners of all ages Conventional medical science on the Chinese art of T ai Chi now shows what T ai Chi masters have known for centuries regular practice leads to more vigor and flexibility better balance and mobility and a sense of well being Cutting edge research from Harvard Medical School also supports the long standing claims that T ai Chi also has a beneficial impact on the health of the heart bones nerves and muscles immune system and the mind This research provides fascinating insight into the underlying physiological mechanisms that explain how T ai Chi actually works Dr Peter M Wayne a longtime T ai Chi teacher and a researcher at Harvard Medical School developed and tested protocols similar to the simplified program he includes in this book which is suited to people of all ages and can be done in just a few minutes a day This book includes The basic program illustrated by more than 50 photographs Practical tips for integrating T ai Chi into everyday activities An introduction to the traditional principles of T ai Chi Up to date summaries of the research on the health benefits of T ai Chi How T ai Chi can enhance work productivity creativity and sports performance And much more

*Harvard Medical School Family Health Guide* Harvard Medical School,2005 An accessible guide to family health care discusses drug interactions symptoms first aid and how to choose a family doctor including a new research about hormone therapy and heart surgery *The Medical Library Association Guide to Finding Out About Heart Disease* Jeanette de

Richmond,Terry Hoffman,2013-10-10 Heart disease affects millions of people every year The MLA Guide to Finding Out About Heart Disease organizes and offers evaluated print and online resources to help readers develop a collection or research specific medical options incorporating important data and key concepts about risk factors and symptoms of heart disease [The Breast Cancer Survivor's Fitness Plan](#) Carolyn M. Kaelin,Francesca Coltrera,Josie Gardiner,Joy

Prouty,2007-04-10 The only breast cancer recovery program designed by a Harvard doctor and survivor and approved by the American Council on Exercise ACE Feel healthy again Regain control of your life Exciting new research reveals that regular exercise can reduce the chance of breast cancer recurrence and extend your life Exercise can also help you recover energy strength and flexibility diminished by lifesaving breast cancer treatments Dr Carolyn Kaelin is a leading breast cancer surgeon who understands the important links among exercise recovery and the quality of life and she is a breast cancer survivor too Designed with master trainers Josie Gardner and Joy Prouty The Breast Cancer Survivor s Fitness Plan features effective inspiring workouts tailored for each type of surgery and adapted for differing fitness levels Feel strong again and Improve your flexibility and balance Rebuild your muscles Protect your bones Enhance your appearance vitality and all around health For more information on Dr Kaelin about breast cancer treatment and recovery read her award winning book *Living Through Breast Cancer* *Understanding Cholesterol* Judy Monroe Peterson,2010-08-15 Explains the importance of

controlling cholesterol in maintaining a healthy body and provides nutrition and exercise tips for lowering levels of bad cholesterol in the body      **The Cholesterol Solution Guide** Edgar Ortega,2015-04-08 This is the only system on the planet that will allow you to completely reverse high cholesterol and blood pressure and clean up clogged arteries for good The only 100%% safe natural and easy to follow cholesterol lowering program out there that s guaranteed to lower your cholesterol in 30 days Just a few of the amazing secrets you ll learn when you order your copy today Everything you wanted to know about cholesterol or as I like to put it your sworn enemy Pg 5 Why the cholesterol test your doctor gives is misleading even to your doctor Pg 9 The REAL cause of heart plaque trust me it s NOT what you think Pg 10 The Harvard study that literally made my jaw drop when it told me the dead simple way to reduce heart attack risk by 53%% Pg 16 The TRUTH about prescription meds free from hype marketing and bias Pg 17 The downright frightening medication side effects that they don t want you to know and how to avoid them Pg 18      **Encyclopedia of Obesity** Kathleen Keller,2008-01-24 This work featuring a reading level appropriate for high school audiences and above is recommended for academic and public libraries Library Journal The Encyclopedia of Obesity is as much of a reference resource as it is a tool to raise awareness in the medical and public health communities With almost 500 entries these two volume summarize pertinent topics in obesity and related health conditions including molecular biology psychology medicine public health and policy food science environmental health and pharmaceuticals The editor has chosen topics that capture the current climate of obesity research while still addressing and defining the core concepts related to this condition Based on a theme of Moving Forward in an Ever Expanding World articles address topics for a changing society that is slowly adapting to accommodate obesity including recent lawsuits new options for medical and dietary treatment and the importance of prevention in children Key Themes Biological or Genetic Contributors to Obesity Children and Obesity Dietary Interventions to Treat Obesity Disordered Eating and Obesity Environmental Contributors to Obesity Health Implications of Obesity Medical Treatments for Obesity New Research Frontiers on Obesity Obesity and Behavior Obesity and Ethnicity Race Obesity as a Public Health Crisis Psychological Influences Outcomes on Obesity Societal Influences Outcomes on Obesity Women and Obesity Worldwide Prevalence of Obesity The Encyclopedia of Obesity is intended to serve as a general and nontechnical resource for biology sociology health studies and other social science students teachers scholars researchers and anyone in the general public who wishes to understand the development of obesity as it prevails in the United States and worldwide      **The Heart Health Bible** John Kennedy,2014-02-04 Offers a five point approach to achieving total heart health which includes relieving stress reducing blood sugar and battling fat and triglycerides      **Maximize the Minimum-Maximize Both Strength and Endurance in a Minimum Amount of Time** Peter Andrews,2007-08-17 The innovative workout program for the modern athlete      *Body Fuel* Donna Shryer,2008 Provides a basic comprehensive introduction to human nutrition including information on how nutrients fuel the body with a review of the food pyramid and how to read labels to make healthy food choices      **The Pain**

**Survival Guide** Dennis C. Turk, Frits Winter, 2020-03-10 This 10 lesson self management program offers strategies for coping with chronic pain Despite recent advances in the study of pain there is still no medical treatment alternative therapy or herbal concoction that eliminates all pain for all people all of the time In this book you will learn to make adjustments to your daily patterns from your activity choices to your sleep eating interactions with others and even your thoughts so you can take control of your life and your pain     *The Complete Guide to Sports Nutrition* Anita Bean, 2000-01-01 Covers training diets carbohydrate requirements fluid intake weight management body fat and performance disordered eating and sports supplements     *Managing Pain Before It Manages You* Margaret A. Caudill, 2015-12-21 Join the hundreds of thousands of readers who have found help and hope for getting their lives back from chronic pain in this empowering workbook Top pain specialist and physician Margaret A Caudill spells out 10 steps that can radically change the way you feel both physically and emotionally Dr Caudill provides state of the art information about the causes and treatment of pain and guides you to Identify what increases and decreases your symptoms Reduce your pain and emotional distress Make informed decisions about medications and nutritional therapies Benefit from relaxation including audio downloads meditation and gentle exercise Communicate effectively about your pain Learn essential skills for coping and problem solving Use worksheets to help set and meet doable personal goals The fully updated fourth edition incorporates important advances in pain management and mind body medicine It features new content on mindfulness a Quick Skill section in each chapter with simple exercises that can have an immediate impact updated supplementary reading and resources including smartphone apps and more At the companion website you can access the audio tracks and download and print additional copies of the worksheets     *The Abs Diet Eat Right Every Time Guide* David Zinczenko, Ted Spiker, 2004-12-09 Smart Eating Choices Made Simple TENS OF THOUSANDS OF AMERICANS HAVE CHANGED THEIR BODIES AND THEIR LIVES with the help of The Abs Diet the New York Times bestseller from David Zinczenko editor in chief of Men s Health magazine The principles of The Abs Diet are simple Eat more healthy food six delicious meals a day and crowd out the bad stuff that s making you fat The Abs Diet has been proven to strip off 10 15 even 20 pounds of flab from your belly first in six weeks or less Now Zinczenko makes eating smart and healthy easy with this eye opening portable weight loss manual THE ABS DIET EAT RIGHT EVERY TIME GUIDE This on the go guide pinpoints the foods you should choose to burn away belly fat no matter where you are at home in the supermarket even at the fast food counter And it reveals the hidden killers that are adding inches to your waistline and taking years off your life Discover these amazing weight loss secrets Should you toast a bagel or an English muffin Did you know that making the wrong choice will cost you 150 extra calories What s healthier a bean burrito or a taco salad Would you believe the healthy salad will pile 130 more calories onto your plate Which will make you fatter a Whopper or a Big Mac You ll be stunned to discover the shocking truth Learn why a hot fudge sundae is a treat you should eat why potato chips are better for you than french fries and why Swiss cheese is three times healthier than Cheddar You don t have time for

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