

THE HARVARD MEDICAL
SCHOOL GUIDE TO



Lowering Your

What a
Harvard Doctor
Wants You
to Know!

Cholesterol

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WITH
CHRISTINE JUNGE

EXPERT INFORMATION ON

- ✓ The latest guidelines and what they mean for you
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The Harvard Medical School Guide To Lowering Your Cholesterol

SJ Ball



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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

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 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 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 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 *From Boys to Men* Emily Senay,Rob Waters,2004 The CBS medical correspondent offers a book on the health of boys and men designed for women the unsung heroes who make most of every family s healthcare decisions Charts The Harvard Medical School Guide to Yoga Marlynn Wei,James E. Groves,2017-06-27 An Easy Accessible Yoga Program for Health Wellness Are you looking for a new health practice to enhance your day to day routines Have you been interested in trying out yoga but are too intimidated by the seemingly fancy and challenging poses The Harvard Medical School Guide to Yoga is your guide to the true healing heart of yoga sharing the techniques that Marlynn Wei and James Groves have used to tremendous success with their clients In this simple science based eight week program you ll learn about the countless benefits of this proven practice including Increased flexibility and balance Greater muscle and bone strength Improved sleep Better stress management and resilience Strengthened immune system Enriched brain health And much more Complete with illustrations dozens of yoga breathing and meditation techniques adaptable sequences and principles of yoga safety The Harvard Medical School Guide to Yoga will guide you to health and wellness **Summary of Peter M. Wayne's The**

Harvard Medical School Guide to Tai Chi Everest Media,2022-08-29T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Tai Chi is a mind body exercise rooted in multiple Asian traditions including martial arts traditional Chinese medicine and philosophy It aims to strengthen relax and integrate the physical body and mind enhance the natural flow of Qi and improve health personal development and self defense 2 Tai Chi Chuan is a form of boxing or exercise that is based on the principles of yin and yang dynamic change and transformation and the internal and the external It is a form of Qigong that cultivates moves and manages vital energy 3 Tai Chi is a diverse set of living and evolving practices that have been informed by the insights of a long lineage of devoted practitioners It has blended and mixed with other practices such as Qigong yoga meditation and contemporary mind body practices 4 Chinese culture is known for its long history of martial arts Hand to hand combat and weapons practice were important in training ancient Chinese soldiers and rival clans Martial arts also have been a prominent part of Chinese performing arts and theater

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