

THE HARVARD MEDICAL
SCHOOL GUIDE TO



Lowering Your

What a
Harvard Doctor
Wants You
to Know!

Cholesterol

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

EXPERT INFORMATION ON

- ✓ The latest guidelines and what they mean for you
- ✓ How low your LDL really should be
- ✓ Medications and other treatments
- ✓ What you can do without drugs

The Harvard Medical School Guide To Lowering Your Cholesterol

Donna Shryer



The Harvard Medical School Guide To Lowering Your Cholesterol:

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