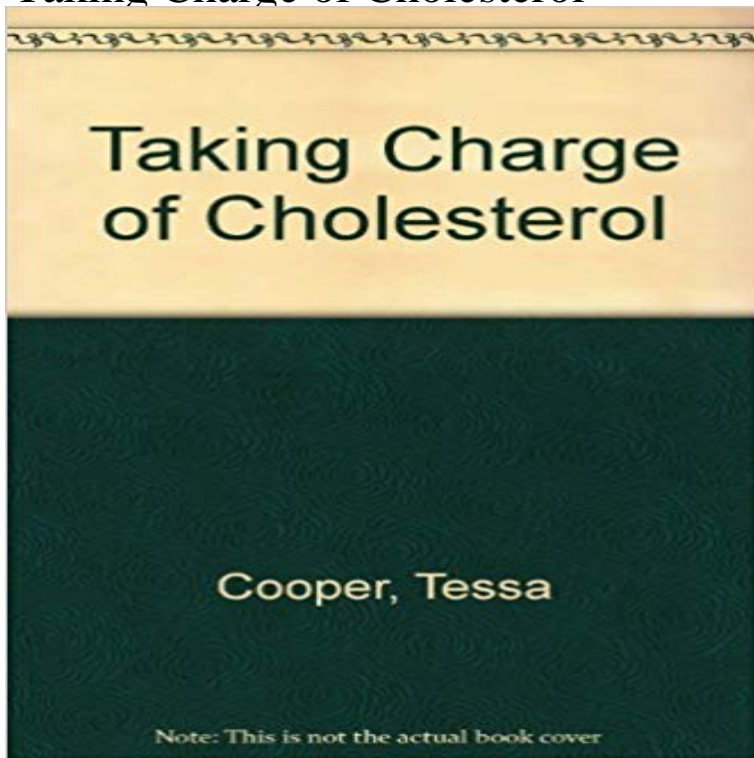


## Taking Charge of Cholesterol



A guide to health and longer living, which the authors claim can be achieved by cutting down on cholesterol intake. This book discusses what to buy, food preparation, recipes, snacks and eating out.

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