

# National Cholesterol Education Program Cholesterol Guidelines

	<b>Desirable</b>	<b>Borderline High</b>	<b>High</b>
<b>Total Cholesterol</b>	<b>Less than 200</b>	<b>200 - 239</b>	<b>240 and higher</b>
<b>LDL Cholesterol</b> (the "bad" cholesterol)	<b>Less than 130</b>	<b>130 - 159</b>	<b>160 and higher</b>
<b>HDL Cholesterol</b> (the "good" cholesterol)	<b>50 and higher</b>	<b>40 - 49</b>	<b>Less than 40</b>
<b>Triglycerides</b>	<b>Less than 200</b>	<b>200 - 399</b>	<b>400 and higher</b>

# National Cholesterol Education Program Guidelines 2012

**KJ Lindholm-Leary**



**National Cholesterol Education Program Guidelines 2012:**

## **National Cholesterol Education Program Guidelines 2012** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **National Cholesterol Education Program Guidelines 2012**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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