



Beyond Cholesterol: 7 Life-Saving Heart Disease Tests That Your Doctor May Not Give You (Lynn Sonberg Books)

By Julius Torelli, George Ryan

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The latest scientific research has revealed that cholesterol levels are not the definitive indicator of heart disease risk. In fact, there are six new lab tests and a CT scan that can reveal much about the state of your heart and cardiovascular system. Dr. Torelli explains what the tests are, what they reveal, and how to get them. He also includes information on women's heart health, and dietary and lifestyle factors that impact cardiovascular disease.

Beyond Cholesterol includes information on:

- *C-Reactive Protein
- *Fibrinogen
- *Homocysteine
- *Fasting Insulin
- *Ferritin
- *Lipoprotein(a)
- *Calcium Heart Scan

Cholesterol tests are valuable but they don't tell the whole story. This book explains how to get the most important information needed to determine how healthy your heart is and to stop heart disease in its tracks.

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Editorial Review

About the Author

Julius Torelli, M.D., is director of the Integrative Cardiology Center in High Point, North Carolina, between Greensboro and Winston-Salem. A board-certified cardiologist and internist, he served his internship and residency at the famed Cleveland Clinic in Ohio and was later awarded a fellowship there. He is a Fellow of the American College of Cardiology.

George Ryan has collaborated on many health books, including *Before the Change* by Anne Louise Gittleman and *The Heart Depression Connection* by Windsor Ting, M.D., and Greg Fricchione, M.D.

Users Review

From reader reviews:

Debbie Luken:

Book is to be different for each grade. Book for children till adult are different content. To be sure that book is very important for people. The book *Beyond Cholesterol: 7 Life-Saving Heart Disease Tests That Your Doctor May Not Give You* (Lynn Sonberg Books) ended up being making you to know about other know-how and of course you can take more information. It doesn't matter what advantages for you. The book *Beyond Cholesterol: 7 Life-Saving Heart Disease Tests That Your Doctor May Not Give You* (Lynn Sonberg Books) is not only giving you far more new information but also to be your friend when you really feel bored. You can spend your spend time to read your publication. Try to make relationship with the book *Beyond Cholesterol: 7 Life-Saving Heart Disease Tests That Your Doctor May Not Give You* (Lynn Sonberg Books). You never experience lose out for everything if you read some books.

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People live in this new day of lifestyle always try and and must have the extra time or they will get lots of stress from both lifestyle and work. So , if we ask do people have extra time, we will say absolutely sure. People is human not just a robot. Then we inquire again, what kind of activity have you got when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading publications. It can be your alternative in spending your spare time, the actual book you have read is definitely *Beyond Cholesterol: 7 Life-Saving Heart Disease Tests That Your Doctor May Not Give You* (Lynn Sonberg Books).

Jimmy Martinez:

Playing with family in a park, coming to see the water world or hanging out with pals is thing that usually you will have done when you have spare time, in that case why you don't try point that really opposite from

that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Beyond Cholesterol: 7 Life-Saving Heart Disease Tests That Your Doctor May Not Give You (Lynn Sonberg Books), you may enjoy both. It is great combination right, you still would like to miss it? What kind of hangout type is it? Oh come on its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

Mae Bushee:

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