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Any adult whose cholesterol level exceeds two hundred milligrams per deciliter, as determined by a blood test, is risking heart problems caused by clogged coronary arteries.

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The New 8-Week Cholesterol Cure is a 1987 health book by Robert Kowalski, who wrote it as a personal recollection about dealing with cholesterol issues. Kowalski wrote the book after having two coronary bypass surgeries and a heart attack.

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