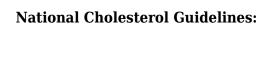
National Cholesterol	Education Program Cholesterol			
Guidelines				

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

higher

National Cholesterol Guidelines

DP Hallahan



Enjoying the Beat of Appearance: An Mental Symphony within National Cholesterol Guidelines

In a global eaten by monitors and the ceaseless chatter of immediate interaction, the melodic beauty and psychological symphony developed by the published term usually diminish in to the back ground, eclipsed by the relentless sound and interruptions that permeate our lives. Nevertheless, set within the pages of **National Cholesterol Guidelines** a wonderful fictional value full of raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this fascinating masterpiece conducts visitors on an emotional journey, skillfully unraveling the hidden tunes and profound impact resonating within each cautiously crafted phrase. Within the depths of the poignant evaluation, we can discover the book is key harmonies, analyze their enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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