



C-Reactive Protein : Everthing You Need to Know About It and Why It's More Important Than Cholesterol to Your Health

Scott J. Deron

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The first comprehensive resource on CRP--a powerful new way to assess heart attack risk

Half of all heart attacks and strokes occur in people with normal cholesterol levels--a phenomenon that has long baffled doctors.

C-Reactive Protein, or CRP, is a newly discovered measure of inflammation in the body that some researchers believe is twice as important as cholesterol in predicting one's risk of heart disease. *C-Reactive Protein* is the first comprehensive consumer book on the subject.

CRP is quickly becoming a hot topic in the media, and public awareness about CRP is growing. The American Heart Association and the Centers for Disease Control now recommend that some 40 million Americans have their CPR levels tested as part of their regular physical. Written by an awardwinning cardiologist, this book explains what CRP means to one's health and shows readers step-by-step how to keep CRP under control. Readers will find:

- Important advice on what to do if CRP levels are high
- Lifesaving information on nutrition, supplements, and medications
- Instructions for getting CRP levels tested and more

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