

The Cholesterol Myth

Bernadine Douglas

The Great Cholesterol Myth, Revised and Expanded Jonny Bowden, Stephen T. Sinatra, 2020-08-04 The best-selling book on heart disease, updated with the latest research and clinical findings on high-fat/ketogenic diets, sugar, genetics, and other factors. Heart disease is the #1 killer. However, traditional heart disease protocols—with their emphasis on lowering cholesterol—have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as ineffective low-fat/high-carb diets and serious, side-effect-causing statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. The Great Cholesterol Myth reveals the real culprits of heart disease, including: inflammation, fibrinogen, triglycerides, homocysteine, belly fat, triglyceride to HDL ratios, and high glycemic levels. Best-selling health authors Jonny Bowden, PhD, and Stephen Sinatra, MD, give readers a four-part strategy based on the latest studies and clinical findings for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Myths vs. Facts Myth: High cholesterol is the cause of heart disease. Fact: Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease. Myth: Saturated fat is dangerous. Fact: Saturated fats are not dangerous. The killer fats are the trans fats from partially hydrogenated oils. Myth: The higher the cholesterol, the shorter the lifespan. Fact: Higher cholesterol protects you from gastrointestinal disease, pulmonary disease, and hemorrhagic stroke. Myth: High cholesterol is a predictor of heart attack. Fact: There is no correlation between cholesterol and heart attacks. Myth: Lowering cholesterol with statin drugs will prolong your life. Fact: There is no data to show that statins have a significant impact on longevity. Myth: Statin drugs are safe. Fact: Statin drugs can be extremely toxic including causing death. Myth: Statin drugs are useful in men, women, and the elderly. Fact: Statin drugs do the best job in middle-aged men with coronary disease. Myth: Statin drugs are useful in middle-aged men with coronary artery disease because of its impact on cholesterol. Fact: Statin drugs reduce inflammation and improve blood viscosity (thinning blood). Statins are extremely helpful in men with low HDL and coronary artery disease.

The Cholesterol Myths Uffe Ravnskov, 2000 A highly qualified doctor and scientist analyzes the studies used to justify the cholesterol hypothesis and demonstrates that the idea that animal fats and cholesterol cause heart disease is based on

flimsy, even fraudulent evidence and wishful thinking. Includes a discussion on the dangers of vegetable oils and cholesterol-lowering drugs.

Cholesterol Myth Lisa Bailey, 2023-03-15 An innovative book called *The Cholesterol Myth: Why Reducing Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Strategy That Can* dispels the commonly held notion that high cholesterol levels are the main contributor to heart disease. This eye-opening book presents strong evidence that inflammation rather than cholesterol is to blame for heart disease rather than cholesterol as the enemy. Readers will get amazing information about the following subjects in this book: The evolution of the cholesterol theory and how it gained traction Research on the cholesterol hypothesis' shortcomings The link between heart disease and inflammation, as well as natural ways to minimize it The Myths and Truths about Cholesterol Statin medication risks and adverse effects Unreliant on statins, a complete strategy to lower the risk of heart disease This book is a must-read if you're sick of taking drugs to decrease your cholesterol levels only to find that your risk of heart disease stays high. The myth about cholesterol with succinct and straightforward explanations demonstrates to readers how to take charge of their health by addressing the root causes of heart disease. Take advantage of your chance to learn the truth about cholesterol and how to prevent heart disease. Purchase a copy of *Cholesterol Myth* right away!

The Cholesterol Myth John McArthur, 2017-06-30 What you are about to learn may shock you! 5 Facts about cholesterol your doctor won't tell you or don't even know! 1. There is no such thing as 'good' cholesterol or 'bad' cholesterol. All cholesterol plays an important part in your body's healthy functioning. 2. High cholesterol is not the cause of heart disease - oxidized (unhealthy) cholesterol is. 3. 95% of the cholesterol circulating in your blood stream is made by your body--not from what you eat. 4. It is easy to make the lifestyle changes that will avoid, perhaps even cure, atherosclerosis, 'high cholesterol' and heart disease without medication, without surgery and without depriving you of delicious foods you can eat in plenty. 5. The best way to improve your cholesterol is to get half an hour of aerobic exercise per day and to lose weight, which you can do easily by incorporating exercise and healthy food choices. This book tells you all about it. You will quickly understand: * What is cholesterol and how important it is to your body * Cholesterol myths * The villain is oxidized (unhealthy) cholesterol * The terrible side effects and dangers of cholesterol lowering drugs Included is a Cholesterol Recipe Book which shows you: * The cholesterol diet to follow * Foods to eat and foods to avoid * More than 150 recipes to help you get and keep your cholesterol healthy

The Heart Revolution Kilmer McCully, Martha McCully, 2009-03-17 A revolutionary and practical approach to preventing heart diseases, improving health and promoting life-long wellness. In this groundbreaking book, Dr. Kilmer S. McCully explains what is really behind the epidemic of heart disease. For many years, clogged arteries have been inaccurately viewed as the cause, rather than a symptom, of heart disease. Now, McCully shows you how to cut your risk of

heart disease by controlling the real culprit, homocysteine. Considered one of the most significant medical breakthroughs in recent years, McCully's findings have been validated by numerous large-scale studies.

The Cholesterol Myth Robert Buist, 1992 Book focusing on using healthy, balanced nutrition to prevent heart disease, rather than traditional extremist dietary programs. Includes a glossary, references, and over 70 recipes. The author is a well-known nutritionist whose previous publications include 'TFood Intolerance' and 'TFood Chemical Sensitivity'.

Cholesterol Myth Joshua Collins, 2013-11 What Do Your Cholesterol Numbers Really Mean? Don't You Want To Know The Truth About cholesterol And Heart Disease? Joshua Collins, a respected author in the health and nutritional field, wrote this book to expose the truth about Cholesterol. After reading this book you will know what you can do to improve your overall health and specifically your heart health. In the late 1970s the conspiracy against cholesterol began and slowly the naturally occurring fat in our foods were replaced with refined sugar. This shift in our food eating patterns has fattened our society and wreaked havoc with our biochemistry, particularly our cholesterol and blood sugar levels. What The Author Reveals Within The Pages Of This Book: - The truth about cholesterol numbers and their relation to heart disease - Why your LDL and total cholesterol numbers by themselves are poor indicators of your overall health - Critical information you need to know about inflammation and its role in heart disease - The truth about saturated Fats and their relation to heart disease and weight loss - Do you take statin drugs? ... Missing this information could be harmful to your health - Why a low fat high carbohydrate diet will promote high cholesterol levels and weight gain - And Much More Take a look at this cutting-edge nutritional information and learn what really works when it comes to improving your health and understand the role cholesterol plays in your overall health.

Cholesterol Myth John McArthur, 2014-02-23 What you are about to learn may shock you! 5 Facts about cholesterol your doctor won't tell you or don't even know! 1. There is no such thing as 'good' cholesterol or 'bad' cholesterol. All cholesterol plays an important part in your body's healthy functioning. 2. High cholesterol is not the cause of heart disease - oxidized (unhealthy) cholesterol is. 3. 95% of the cholesterol circulating in your blood stream is made by your body-not from what you eat. 4. It is easy to make the lifestyle changes that will avoid, perhaps even cure, atherosclerosis, 'high cholesterol' and heart disease without medication, without surgery and without depriving you of delicious foods you can eat in plenty. 5. The best way to improve your cholesterol is to get half an hour of aerobic exercise per day and to lose weight, which you can do easily by incorporating exercise and healthy food choices. This book tells you all about it. You will quickly understand: * What is cholesterol and how important it is to your body * Cholesterol myths * The villain is oxidized (unhealthy) cholesterol * The terrible side effects and dangers of cholesterol lowering drugs Included is a Cholesterol Recipe Book which shows you: * The cholesterol diet to follow * Foods to eat and foods to avoid * More than 150 recipes to help you get and keep your cholesterol healthy

Summary of Jonny Bowden & Stephen Sinatra's The Great Cholesterol Myth Everest Media, 2022-03-09T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 We believe that cholesterol, while not the cause of heart disease, is a minor character in the heart disease story. We believe that the real causes of heart disease are inflammation, oxidation, sugar, and stress. #2 The 1990s saw the rise of the Atkins diet, which promoted eating fat and protein to lose weight. It was believed that because Atkins diet was high in saturated fat, it would cause heart disease. But many people lost weight easily following his program. #3 I began to wonder if the theory that cholesterol causes heart disease was wrong. study after study on high-protein, low-carb diets showed that the blood tests of people on these diets were similar to Al's. Their health actually improved. #4 The Weston A. Price Foundation is a group that advocates for unprocessed foods, including butter, raw milk, and grass-fed meat. They believe that the real initiators of damage in the arteries are oxidation and inflammation, not cholesterol.

The Heart Revolution Kilmer S. McCully, 2000

Low Cholesterol Myth Selene Josh, 2021-03-16 A high blood cholesterol level increases your risk of coronary artery disease. Lower cholesterol is usually better, but in rare cases having a very low level of low-density lipoprotein (LDL, or bad) cholesterol or a very low total cholesterol level has been associated with some health problems. Doctors are still trying to find out more about the connection between low cholesterol and health risks. There is no consensus on how to define very low LDL cholesterol, but LDL would be considered very low if it is less than 40 milligrams per deciliter of blood. Although the risks are rare, very low levels of LDL cholesterol may be associated with an increased risk of: Cancer Hemorrhagic stroke Depression Anxiety Preterm birth and low birth weight if your cholesterol is low while you're pregnant The potential risk of lowering LDL cholesterol to very low levels has not been confirmed, and its association with certain health risks is still under debate. Recent trials using novel treatments to lower cholesterol have reached extremely low cholesterol values with no increased risk for major side effects, but the follow-up was relatively short. In some cases it is not clear if low cholesterol causes the health problem or if it's the other way around. For example, people with depression may have low cholesterol levels, but it has not been proved that lowering cholesterol with statin therapy causes depression. However, the benefits of lowering total and LDL cholesterol have been demonstrated extensively, particularly in individuals with heart disease or at high risk of heart disease or strokes. If you're concerned about your cholesterol level, consult your doctor. If you're taking statins, don't stop without first consulting your doctor. He or she can determine the cholesterol range most appropriate for you

The Insulin Resistance Solution Rob Thompson, Dana Carpender, 2016 The Insulin Resistance Solution: Reverse Pre-Diabetes, Repair Your Metabolism, Shed Belly Fat, and Prevent Diabetes offers a step-by-step plan and 75 recipes for reversing insulin resistance.

The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease Jonny Bowden, Stephen Sinatra, Deirdre Rawlings, 2015-08-15 Now includes 100 recipes for preventing and reversing heart disease from the The great cholesterol cookbook.

CSI Cardiology Update 2018 Kewal C Goswami, 2019-02-28 SECTION 1: CORONARY ARTERY DISEASE RISK FACTORS SECTION 2: LIPIDS AND DIET SECTION 3: DIABETES AND HEART SECTION 4: HYPERTENSION SECTION 5: CHRONIC CORONARY ARTERY DISEASE SECTION 6: ACUTE CORONARY SYNDROMES SECTION 7: ST-SEGMENT ELEVATION MYOCARDIAL INFARCTION SECTION 8: DUAL ANTIPLATELET THERAPY SECTION 9: CORONARY INTERVENTION SECTION 10: INTERVENTION IN STRUCTURAL HEART DISEASE SECTION 11: CARDIAC IMAGING SECTION 12: CARDIOVASCULAR PHARMACOLOGY SECTION 13: HEART FAILURE SECTION 14: SYNCOPE SECTION 15: ATRIAL FIBRILLATION SECTION 16: VENTRICULAR ARRHYTHMIAS SECTION 17: CARDIAC IMPLANTABLE ELECTRONIC DEVICES SECTION 18: CARDIAC SURGERY SECTION 19: STROKE SECTION 20: PERIPHERAL VASCULAR DISEASE SECTION 21: WOMEN AND HEART DISEASE SECTION 22: SYSTEMIC DISEASES AND HEART SECTION 23: EMERGING ISSUES IN CARDIOLOGY SECTION 24: MISCELLANEOUS Index

Summary of Jonny Bowden & Stephen Sinatra's The Great Cholesterol Myth Milkyway Media, 2022-05-27 Buy now to get the main key ideas from Jonny Bowden & Stephen Sinatra's The Great Cholesterol Myth Cholesterol is the main reason behind heart disease... or so you've been taught. In The Great Cholesterol Myth (2020), nutritionist Jonny Bowden and cardiologist Stephen Sinatra cut through the thicket of myths surrounding cholesterol, lipoproteins, and the lipid hypothesis. Their fact-based analysis will open your eyes by presenting a clearer picture of what causes cardiovascular disease and a host of other conditions such as diabetes, high blood pressure, and obesity. If you're concerned about your cholesterol level, or about taking cholesterol-lowering medicine, Bowden and Sinatra have important information for you to consider.

The Heart Disease Myth TRACIE. ROWLANDS, 2025-02-11 For years, we've been led to believe that high cholesterol is the leading cause of heart disease. The media, medical professionals, and health organizations have emphasized cholesterol-lowering strategies as the key to preventing heart attacks and strokes. But what if the real story is more complex? Breaking Free from the Cholesterol Myth takes a deep dive into the science behind heart disease, challenging outdated beliefs and revealing the factors that truly impact heart health. This book explores the latest research, offering a fresh perspective on cholesterol's actual role in the body. Inside, You'll Discover: □ The essential function of cholesterol and why high levels aren't necessarily a direct cause of heart disease. □ The surprising history of the cholesterol theory and how it has been oversimplified for decades. □ The overlooked link between inflammation, stress, and heart disease. □ Why cholesterol-lowering drugs like statins may not be as beneficial as commonly believed-and how to assess your real heart disease risk. □ Practical strategies to improve heart health by focusing on diet, stress reduction, and lifestyle changes instead of obsessing

over cholesterol numbers. Whether you're looking for a deeper understanding of your heart health, questioning the cholesterol narrative, or seeking practical ways to protect your heart naturally, this book empowers you with the knowledge to take control of your well-being. Take Charge of Your Health Now! If you're ready to move beyond outdated cholesterol fears, *Breaking Free from the Cholesterol Myth* provides clear, science-backed insights to help you make informed health choices. With easy-to-follow explanations and actionable advice, this book is your guide to a more balanced approach to heart disease prevention. Perfect for:

- Anyone re-evaluating the traditional cholesterol-heart disease connection
- Those interested in a holistic approach to heart health
- People looking for natural strategies involving diet, stress, and lifestyle changes
- Individuals seeking to reduce dependence on statins and other cholesterol-lowering medications

The Banting Solution Bernadine Douglas, 2016-08-01 The Banting book everyone has been waiting for! At last, a definitive book on Banting that will answer ALL your questions about the Banting lifestyle AND provide you with the solution to permanent weight loss! The Banting Solution not only explains what Banting is all about, but also: answers Banters' most pressing questions; busts the myths that have cropped up around Banting; provides helpful meal plans and Banting-friendly food lists; offers tips on how to avoid weight-loss stalls; helps you to understand food labels; and teaches you how to Bant on a budget, making this lifestyle accessible to everyone. Most importantly, it teaches you how to get rid of those unwanted kilos and keep them off forever! With solid research supported by actual case studies and before-and-after photographs, you will now be able to access all the information you need about Banting in just one book.

Nutritional Solutions for 88 Conditions David Rowland, 2016-12-15 David Rowland is the foremost expert in holistic nutrition, author of 12 highly acclaimed health publications, innovator and publisher of Nutritiapedia, creator of NutriBodyassessment, founder of The Canadian Nutrition Institute and the Edison Institute of Nutrition. Rowland has cut through the noise and offers a plethora of no-nonsense nutritional solutions in his latest work, 'Nutritional Solutions for 88 Conditions'. ...He is a trailblazer and trendsetter. This book is the most relevant, useful and comprehensive compilation of contemporary holistic information I have read to date. In these pages you will find all of David Rowland's best research and clinical experience complete with new and innovative programs to naturally address -- and in many cases prevent disease altogether. *Nutritional Solutions for 88 Conditions* is incisive and illuminating. There is something for everyone in this book. If you believe your health is an investment and not an expense, turn the page, (Bryce Wylde, B.Sc., DHMHS - Medical Advisor Dr. OZ show)

Bypass the Bypass David Rowland, 2016-08-15 Did you know that there is a time tested, safe, non-surgical method of removing arterial blockages without side effects? Severe arterial blockages do not have to lead to coronary bypass surgery or heart attacks. Inside this book is a complete program for successfully reversing and preventing hardening of the arteries.

Say No To Heart Disease Patrick Holford, 2010-12-02 We have a 50 per cent chance of dying from heart or artery disease.

However, these devastating diseases can be prevented by using a simple yet powerful medicine - food. In Say No to Heart Disease you will learn how eating the right diet and correctly supplementing your diet can eliminate your chances of a heart attack, lower your blood pressure without drugs, reverse artery disease, maximise recovery after a stroke or heart attack, and add twenty years to your healthy lifespan. Informative and practical, it describes the cardiovascular system and what goes wrong with it, the key theories on the major contributors to heart disease, how to work out your own risk, and which areas of your diet and lifestyle to focus on in order to minimise your risk. It also gives advice on maximising recovery from a heart attack or stroke.

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