

# the great cholesterol con book

**The Great Cholesterol Con Book** has gained widespread attention for its provocative insights into the conventional wisdom surrounding cholesterol, heart disease, and the pharmaceutical industry. Authored by Dr. Malcolm Kendrick, this book challenges long-held beliefs and aims to shed light on what many consider a medical and nutritional conspiracy. In this comprehensive review, we'll explore the key themes, arguments, and implications of *The Great Cholesterol Con Book*, helping readers understand why it has become a must-read for those interested in health, diet, and medical skepticism.

## Understanding the Central Thesis of *The Great Cholesterol Con Book*

### Challenging the Lipid Hypothesis

At the heart of Kendrick's book is a critique of the lipid hypothesis—the dominant medical theory that high cholesterol levels are a primary cause of heart disease. The book argues that this theory is overly simplistic and supported by flawed research, leading to misguided treatment protocols and public health policies.

Kendrick suggests that:

- Elevated cholesterol levels are often a symptom, not a cause, of underlying health issues.
- The association between cholesterol and heart disease has been exaggerated due to selective data interpretation.
- Lowering cholesterol through medication does not significantly reduce the risk of heart attacks for many individuals.

### The Role of Statins and Pharmaceutical Industry

Another major focus of the book is the influence of the pharmaceutical industry, especially the widespread prescription of statins. Kendrick contends that:

- Statins are pushed as a preventive measure regardless of individual risk factors.
- The benefits of statins are overstated, and the side effects are underreported.
- The promotion of cholesterol-lowering drugs has financial motives that overshadow genuine health concerns.

He provides a critical look at clinical trials, regulatory approvals, and the marketing strategies employed by pharmaceutical companies to maintain profits and influence medical guidelines.

## Key Arguments and Evidence Presented in the Book

## **The Misinterpretation of Cholesterol Data**

Kendrick delves into epidemiological studies and historical data, pointing out inconsistencies and biases:

- Many studies show no clear link between cholesterol levels and heart disease.
- Populations with high cholesterol, such as certain Scandinavian groups, often have low rates of heart disease.
- Conversely, some groups with low cholesterol experience high rates of cardiovascular events.

## **Inflammation: The True Culprit?**

One of the pivotal points Kendrick makes is that inflammation, not cholesterol, is the primary driver of atherosclerosis (artery plaque buildup). He argues:

- Chronic inflammation caused by smoking, poor diet, stress, and other factors damages arteries.
- Cholesterol may accumulate as a response to inflammation, rather than being the initial cause.
- Focusing solely on cholesterol levels ignores the root causes of cardiovascular disease.

## **Diet and Lifestyle Factors**

The book emphasizes the importance of diet and lifestyle in heart health, criticizing the low-fat, high-carbohydrate diets promoted for decades:

- Excess refined carbohydrates and sugars contribute to inflammation and metabolic syndrome.
- Saturated fats are not necessarily harmful and may be beneficial in some contexts.
- A balanced diet rich in healthy fats, vegetables, and whole foods is preferable.

## **Implications for Public Health and Personal Wellness**

### **Rethinking Cholesterol Testing and Treatment**

Kendrick advocates for a more nuanced approach:

- Instead of routine cholesterol testing for everyone, focus on individual risk assessments.
- Use markers of inflammation, blood pressure, and lifestyle factors to evaluate heart disease risk.
- Avoid unnecessary medication for those with mild or moderate cholesterol elevations without other risk factors.

### **Empowering Individuals with Knowledge**

The book encourages readers to:

- Question mainstream medical advice and industry-driven narratives.
- Adopt a diet that minimizes processed foods and emphasizes natural, nutrient-dense options.
- Engage in regular physical activity, stress management, and smoking cessation.

## Potential Risks of Overmedication

Kendrick warns against the overuse of statins and other pharmaceuticals:

- Side effects such as muscle pain, fatigue, and cognitive issues.
- The risk of neglecting underlying health issues that require lifestyle changes.
- The possibility of financial harm from unnecessary medication expenses.

## Criticisms and Controversies Surrounding *The Great Cholesterol Con*

While many readers praise Kendrick's insights, some critics argue:

- The book may oversimplify complex medical phenomena.
- It dismisses the potential benefits of cholesterol-lowering in high-risk individuals.
- The evidence presented might be selectively interpreted to support a skeptical viewpoint.

It is essential for readers to consult multiple sources and discuss health concerns with qualified medical professionals before making significant lifestyle or medication changes.

## Conclusion: Why *The Great Cholesterol Con Book* Matters

*The Great Cholesterol Con Book* serves as a compelling critique of mainstream health narratives surrounding cholesterol and heart disease. It encourages skepticism of industry influence, promotes a more holistic understanding of cardiovascular health, and advocates for personalized medicine over blanket treatment protocols.

By challenging conventional wisdom, Kendrick's work invites readers to:

- Reevaluate the role of cholesterol in their health.
- Consider lifestyle and dietary factors as primary tools for prevention.
- Be proactive in questioning and understanding medical advice.

Whether you agree or disagree with Kendrick's viewpoints, the book undeniably stimulates important conversations about medical ethics, industry influence, and the path to genuine health. For anyone interested in health, nutrition, or medical transparency, *The Great Cholesterol Con* offers a thought-provoking perspective that could reshape how you view your body and the treatments offered to you.

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Keywords: cholesterol, heart disease, statins, inflammation, dietary fats, medical industry, public health, heart health, lifestyle, cardiovascular risk

## **Frequently Asked Questions**

### **What is the main argument of 'The Great Cholesterol Con' book?**

The book argues that the widely accepted link between dietary cholesterol, saturated fats, and heart disease is based on flawed science, and that the cholesterol hypothesis has been exaggerated or misrepresented by the medical and food industries.

### **How does 'The Great Cholesterol Con' challenge mainstream dietary guidelines?**

It suggests that low-fat, low-cholesterol diets are unnecessary and may even be harmful, advocating instead for a diet higher in healthy fats and questioning the emphasis placed on cholesterol levels in heart health.

### **Who is the author of 'The Great Cholesterol Con' and what is their background?**

The book is authored by Dr. Malcolm Kendrick, a general practitioner and medical writer known for his critical views on conventional medicine's approach to cholesterol and heart disease prevention.

### **What are some common misconceptions about cholesterol that the book aims to dispel?**

The book dispels myths such as high cholesterol being the primary cause of heart disease and that reducing cholesterol levels through medication is the only way to prevent heart attacks, emphasizing the complexity of cardiovascular health.

### **Does 'The Great Cholesterol Con' provide evidence or research to support its claims?**

Yes, the book cites various studies, historical data, and scientific analyses to challenge conventional wisdom and support its stance that the cholesterol-heart disease link has been overstated.

### **How has 'The Great Cholesterol Con' been received by the medical community?**

The book has received mixed reactions; while some readers appreciate its critical perspective, many healthcare professionals criticize it for oversimplifying complex scientific issues and for potentially promoting unhealthy dietary choices.

### **Is 'The Great Cholesterol Con' suitable for someone looking to**

## **improve their heart health?**

Readers should approach the book with a critical mindset and consult healthcare professionals, as it challenges mainstream advice; personalized medical guidance is essential for making informed health decisions.

## **Additional Resources**

The Great Cholesterol Con Book: An In-Depth Review and Analysis

In recent years, the conversation surrounding cholesterol has become increasingly complex, with many experts and publications challenging traditional narratives. Among the most controversial and thought-provoking works is *The Great Cholesterol Con*, authored by Dr. Malcolm Kendrick. This book has sparked widespread debate in medical, nutritional, and layman circles, questioning long-held assumptions about cholesterol's role in heart disease and the efficacy of mainstream treatment approaches. In this article, we will explore the core themes, claims, evidence, and criticisms of *The Great Cholesterol Con*, providing an in-depth review that aims to inform readers about its significance and implications.

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## **Overview of The Great Cholesterol Con**

**Published in 2012, *The Great Cholesterol Con* challenges the conventional wisdom that links high cholesterol levels directly to cardiovascular disease. Dr. Malcolm Kendrick, a general practitioner with a keen interest in cardiovascular health and an outspoken critic of certain dietary and pharmaceutical doctrines, presents a compelling narrative that questions the validity of the cholesterol hypothesis. The book combines scientific research, clinical observations, and historical analysis to argue that cholesterol might not be the villain it has been portrayed to be.**

## **Key Premises of the Book:**

- The link between cholesterol and heart disease is weak or nonexistent.**
- Statin drugs, designed to lower cholesterol, may not provide the benefits they claim.**
- The focus on cholesterol as a primary risk factor has diverted attention from more significant contributors like inflammation, insulin resistance, and lifestyle factors.**
- The medical and pharmaceutical industries have perpetuated a potentially harmful myth for financial gain.**

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## **Core Arguments and Claims**

### **1. The Cholesterol Hypothesis: A Flawed Paradigm?**

**At the heart of The Great Cholesterol Con is a critique of the cholesterol hypothesis—the idea that elevated blood cholesterol causes atherosclerosis (hardening of arteries) leading to heart attacks and strokes. Kendrick systematically dissects the origins of this hypothesis, tracing its roots back to early 20th-century research and examining how it gained dominance.**

**Main points include:**

- The initial studies linking cholesterol to heart disease were inconclusive or flawed.**
- Epidemiological data shows correlations but not causation.**
- Many populations with high cholesterol levels, such as certain rural communities, exhibit low rates of heart disease.**
- Conversely, some groups with low cholesterol still experience high cardiovascular risk.**

**Kendrick emphasizes that correlation does not imply causation, urging readers to question the simplistic narrative that cholesterol is the primary villain.**

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## **2. The Role of LDL and HDL: Misunderstood Lipoproteins**

**The book clarifies the functions of Low-Density Lipoprotein (LDL) and High-Density Lipoprotein (HDL), often labeled as "bad" and "good" cholesterol, respectively. Kendrick argues that these labels are misleading and that the roles of lipoproteins are more complex than the conventional paradigm suggests.**

**Highlights include:**

- LDL particles are essential for transporting fats and**

**repairing tissues.**

- Elevated LDL levels may be a response to inflammation or injury, not the cause.**
- HDL's function is multifaceted, and higher HDL does not necessarily equate to lower risk.**
- The focus should shift from total cholesterol to other markers, like particle size and inflammation indicators.**

**He advocates for viewing lipoproteins as part of a broader biological response rather than isolated culprits.**

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### **3. Statins: Benefits, Risks, and Industry Influence**

**One of the most provocative sections of the book critiques the widespread use of statins—drugs prescribed to lower cholesterol levels. Kendrick challenges the narrative that statins are universally beneficial for preventing heart disease.**

**Key points:**

- Multiple studies show modest or no benefit in primary prevention (preventing initial heart attacks).**
- The claimed benefits in secondary prevention (preventing recurrent events) are more substantial but still debated.**



- **Statins carry side effects, including muscle pain, cognitive issues, and increased diabetes risk.**
- **The promotion of statins has been heavily influenced by pharmaceutical marketing and industry interests.**

**Kendrick argues that the overprescription of statins may be more about profit than public health, and that their widespread use might divert attention from lifestyle interventions.**

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#### **4. Inflammation and Other Risk Factors**

**Challenging the cholesterol-centric view, the author emphasizes the importance of inflammation, insulin resistance, smoking, hypertension, and metabolic syndrome as key drivers of cardiovascular disease.**

**Important insights:**

- **Chronic inflammation damages arterial walls, leading to plaque formation.**
- **Elevated blood sugar and insulin levels are more predictive of heart disease than cholesterol.**
- **Lifestyle factors such as diet, exercise, stress management, and smoking cessation have a more profound impact on heart health.**

**He advocates for a holistic approach to cardiovascular risk assessment, moving beyond cholesterol levels alone.**

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## **The Evidence and Scientific Critique**

### **Supporting Data:**

**Throughout the book, Kendrick references a wide array of studies, historical data, and epidemiological research. He points out inconsistencies and gaps in the evidence supporting the cholesterol hypothesis, such as:**

- The Framingham Heart Study, which showed only a weak correlation between cholesterol and heart disease.**
- The notion that populations with high-fat diets do not necessarily have higher rates of heart disease.**
- The failure of clinical trials to demonstrate clear benefits from lowering cholesterol with medication.**

### **Counterarguments and Criticisms:**

**While compelling, the book has faced criticism from mainstream scientists and medical organizations.**

## **Critics argue that:**

- The totality of evidence supports a role for cholesterol in atherosclerosis.**
- Many clinical trials demonstrate reduced cardiovascular events with statin therapy.**
- The focus on inflammation and other factors is important but does not negate cholesterol's involvement.**

**Some experts caution that Kendrick's interpretation may oversimplify complex biological processes and dismiss well-established risk factors.**

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## **Implications for Patients and Healthcare**

### **Shifting the Focus:**

**If Kendrick's assertions are valid, the implications are significant:**

- Reevaluating Treatment Guidelines: Less reliance on statins for primary prevention, emphasizing lifestyle and dietary changes.**
- Personalized Risk Assessment: Incorporating markers like inflammation, insulin sensitivity, and particle size.**

- **Public Health Strategies: Addressing obesity, smoking, and sugar consumption as primary targets.**

### **Practical Recommendations:**

- **Focus on a balanced diet rich in vegetables, healthy fats, and whole foods.**
- **Engage in regular physical activity.**
- **Manage stress and prioritize sleep.**
- **Regularly monitor a broader range of health markers beyond cholesterol.**

### **Caution:**

**Despite the provocative claims, readers are advised to consult healthcare professionals before making significant changes to their treatment plans, especially regarding medications.**

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## **Conclusion: The Significance of The Great Cholesterol Con in the Health Discourse**

**The Great Cholesterol Con serves as a provocative critique of mainstream cardiovascular medicine. Its central thesis urges skepticism toward the cholesterol hypothesis and promotes a broader, more nuanced**

**understanding of heart disease. While some of Kendrick's claims are supported by scientific evidence and warrant reconsideration, others remain controversial and debated within the medical community.**

**This book is a valuable resource for those interested in questioning established narratives, understanding the complexities of cardiovascular health, and advocating for more holistic approaches. It encourages readers to look beyond simplistic metrics and consider the multifaceted nature of disease, emphasizing prevention, lifestyle, and personalized medicine.**

**Final thought: Whether one agrees fully or partially with Kendrick, *The Great Cholesterol Con* undeniably contributes to the ongoing dialogue about health, risk factors, and the influence of industry on medical science. Critical thinking, thorough research, and consultation with qualified professionals remain essential in navigating these complex issues.**

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**Disclaimer: This article is for informational purposes and does not substitute professional medical advice. Always consult healthcare providers for personal health concerns.**

## **The Great Cholesterol Con Book**

**the great cholesterol con book:** *The Great Cholesterol Con* Malcolm Kendrick, 2007 Statins are widely prescribed to lower blood cholesterol levels and claim to offer unparalleled protection against heart disease. Believed to be completely safe and capable of preventing a whole series of other conditions, they are the most profitable drug in the history of medicine. In this groundbreaking book, GP Malcolm Kendrick exposes the truth behind the hype. He will change the way we think about cholesterol forever. Rubbishing the diet-heart hypothesis, in which clinical trials 'prove' that high cholesterol causes heart disease and a high-fat diet leads to heart disease, Kendrick lambastes a powerful pharmaceutical industry and unquestioning medical profession, who, he claims, perpetuate the madcap concepts of 'good' and 'bad' cholesterol and cholesterol levels to convince millions of people to unnecessarily spend billions of pounds on statins. Clearly and comprehensively debunking assumptions on what constitute a healthy lifestyle and diet, *The Great Cholesterol Con* is the accessible, indispensable and absorbing case against statins and for a more common-sense approach to heart

**the great cholesterol con book: The Great Cholesterol Con** Dr Malcolm Kendrick, 2008-07-07 Statins are widely prescribed to lower blood cholesterol levels and claim to offer unparalleled protection against heart disease. Believed to be completely safe and capable of preventing a whole series of other conditions, they are the most profitable drug in the history of medicine. In this groundbreaking book, GP Malcolm Kendrick exposes the truth behind the hype. He will change the way we think about cholesterol forever. Rubbishing the diet-heart hypothesis, in which clinical trials 'prove' that high cholesterol causes heart disease and a high-fat diet leads to heart disease, Kendrick lambastes a powerful pharmaceutical industry and unquestioning medical profession, who, he claims, perpetuate the madcap concepts of 'good' and 'bad' cholesterol and cholesterol levels to convince millions of people to unnecessarily spend billions of pounds on statins. Clearly and comprehensively debunking assumptions on what constitute a healthy lifestyle and diet, *The Great Cholesterol Con* is the accessible, indispensable and absorbing case against statins and for a more common-sense approach to heart disease and general wellbeing. No more over-hyped miracle drugs; no more garlic, red wine, anti-oxidants, fruit or vegetables; even a vegetarian diet is rejected in this controversial yet authoritative critique of how we have been misled over how food and drugs affect our coronary health. Here, for the first time, is the invaluable guide for anyone who though there was a miracle cure for heart disease, *The Great Cholesterol Con* is a fascinating breakthrough that will set dynamite under the whole area.

**the great cholesterol con book:** *The Great Cholesterol Con* Anthony Colpo, 2006 Rubbishing the diet-heart hypothesis, in which clinical trials 'prove' that high cholesterol causes heart disease and a high-fat diet leads to heart disease, Anthony Colpo lambast the powerful pharmaceutical industry and unquestioning medical profession, who, he claims, perpetuate the concepts of good and bad cholesterol.

**the great cholesterol con book:** *How to Have Naturally Healthy Cholesterol Levels* Jessica Caplain, 2017-10-14 Tens of Thousands are Dying and Suffering Regularly for Being Clueless about Cholesterol and the Myths Being Perpetrated Suffering from unhealthy or high cholesterol levels? In the USA alone, nearly a hundred million are suffering from uncontrolled, high cholesterol. The thing is, the average person can't distinguish cholesterol myth from facts. They may even be over dependent on dangerous Statin drugs along with their side effects. They undermine the value of other treatment modalities to manage cholesterol. High cholesterol levels are poor predictors for a heart attack. This means we have to have better clarity in understanding what cholesterol truly is. It's not a simple manner of just eliminating cholesterol from our diets. There are good and bad cholesterol! There are a countless number of ways to manage one's cholesterol levels and that is

what we will be exploring today, in depth. Along with conventional medications? You're going to learn how to lower cholesterol naturally through overall lifestyle changes such as exercise, diets, knowing which foods lower cholesterol and which foods to avoid completely. The bottom line is after you've read this book? You'll have the ability to take full charge of your health, control your cholesterol levels and be protected for life! Here's a preview of what you'll learn: Chapter 1: Getting to know cholesterol How much do you know about cholesterol? What are low-density and high-density lipoproteins? Your liver and cholesterol Is there such a thing as good cholesterol? Is bad cholesterol really bad? Reasons why you need cholesterol in your body Serious health conditions associated with high cholesterol levels Assessing your risks Knowing the numbers Other risk factors to note Physical tests to determine cholesterol levels Chapter 2: Eat and live your way to better health How fit should you be? Making lifestyle changes: it's easier than you think Count the calories Make sure you get adequate vitamins and minerals Come up with a scrumptious menu Stay positive and proactive Sweat it out! Calories and exercise How hard should you be exercising? Kickstarting your road to better health and fitness What makes a good fitness program? Ditching your vices for longer life Chapter 3: Knowing your partners in fighting cholesterol What you should know about supplements Essential vitamins and nutrients for lowering cholesterol Prescription medications and their side effects Your Top 10 go-to websites for tips Chapter 4: Myth busters Chapter 5: Food is life Grab your copy today!

**the great cholesterol con book: The Great Plant-Based Con** Jayne Buxton, 2022-06-09  
WINNER OF THE INVESTIGATIVE FOOD WORK AWARD AT THE GUILD OF FOOD WRITERS AWARDS 2023 'The most incredible book' Delia Smith 'Persuasive, entertaining and well researched' Sunday Times Plant-based is best for health, go vegan to help save the planet, eat less meat... Almost every day we are bombarded with the seemingly incontrovertible message that we must reduce our consumption of meat and dairy - or eliminate them from our diets altogether. But what if the pervasive message that the plant-based diet will improve our health and save the planet is misleading - or even false? What if removing animal foods from our diet is a serious threat to human health, and a red herring in the fight against climate change. In THE GREAT PLANT-BASED CON, Jayne Buxton demonstrates that each of these 'what-ifs' is, in fact, a reality. Drawing on the work of numerous health experts and researchers, she uncovers how the separate efforts of a constellation of individuals, companies and organisations are leading us down a dietary road that will have severe repercussions for our health and wellbeing, and for the future of the planet. THE GREAT PLANT-BASED CON is neither anti-plant nor anti-vegan - it is a call for us to take an honest look at the facts about human diets and their effect on the environment. Shocking and eye-opening, this book outlines everything you need to know to make more informed decisions about the food you choose to eat.

**the great cholesterol con book: Nicotine: The Drug That Never Was Volume 1: The Biggest Medical Mistake of the 20th Century** Christopher Holmes, 2008 In the long-running debate about whether tobacco-smoking is a habit or an addiction, this book is surely the last word. Here, the notion that it's a drug addiction is systematically torn apart, and smoking is emphatically re-defined as a Compulsive Habit, which hypnotherapy can shut down. Cravings are proven to be unrelated to nicotine, and Nicotine Replacement is denounced as a bogus therapy. This lively and irreverent book will be a delight to readers who have issues with the pharmaceutical industry and the medical establishment. This therapist has attitude!

**the great cholesterol con book: The Tubby Traveler from Topeka** Brian S. Edwards, 2012-04-27 The Tubby Traveler from Topeka

**the great cholesterol con book: Cholesterol Clarity** Jimmy Moore, 2013-08-27 Are you confused by what your cholesterol levels really say about your health? Don't you wish someone could just spell it out in simple, easy-to-understand language and tell you what, if anything, you need to do about your cholesterol? Good news! That's precisely what Cholesterol Clarity is designed to do. Jimmy Moore, a prominent and highly respected health blogger and podcaster, has teamed up with

Dr. Eric Westman, a practicing internist and nutrition researcher, to bring you one of the most unique books you'll ever read on this subject, featuring exclusive interviews with twenty-nine of the world's top experts from various fields to give you the complete lowdown on cholesterol. If you're worried about any confusing medical jargon in this book, don't be—this critical information is broken down for you to grasp what is really important and what is not. You won't find this kind of comprehensive, cutting-edge, expert-driven cholesterol information all in one place anywhere else. Has your doctor told you your total and/or LDL cholesterol is too high and thus requires you to take immediate action to lower it? Has the solution to your high cholesterol been to cut down on your saturated fat intake, eat more healthy whole grains and vegetable oils, and possibly even take a prescription medication like a statin to lower it to desirable levels? If so, then this is the book for you. Learn what the real deal is from some of the leading experts on the subject. Not only will Cholesterol Clarity tell you what your cholesterol tests—LDL, HDL, triglycerides, and other key cholesterol markers—really mean, but it will also arm you with nutritional guidance that will lead you to optimal health. Are you ready to find out what the HDL is wrong with your numbers? Within the pages of this book you'll learn invaluable lessons, including:

- Why your LDL-C and total cholesterol numbers may not be as important in determining your health as your doctor may think
- The undeniable negative role that chronic inflammation plays in your health
- Why cholesterol-lowering statin drugs don't necessarily solve your heart health concerns
- Why your doctor should be testing for LDL particles and particle size when measuring cholesterol
- Why HDL and triglycerides are far more predictive of health concerns than LDL-C and total cholesterol
- Why consuming foods with saturated fat is good for you, and why carbohydrate-based foods can be detrimental to attaining the best cholesterol numbers
- Why a growing number of physicians, researchers, and nutritionists believe treating cholesterol numbers is virtually irrelevant

Contributing experts include Cassie Bjork, RD; Philip Blair, MD; Jonny Bowden, PhD; John Briffa, BSc, MB, BS; Dominic D'Agostino, PhD; William Davis, MD; Thomas Dayspring, MD; David Diamond, PhD; Ron Ehrlich, BDS, FACNEM; Jeffry N. Gerber, MD; David Gillespie; Duane Graveline, MD; Paul Jaminet, PhD; Malcolm Kendrick, MD; Ronald Krauss, MD; Fred Kummerow, PhD; Dwight C. Lundell, MD; Robert Lustig, MD; Chris Masterjohn, PhD; Donald Miller, MD; Rakesh Rocky Patel, MD; Fred Pescatore, MD; Uffe Ravnskov, MD, PhD; Stephanie Seneff, PhD; Cate Shanahan, MD; Ken Sikaris, BSc, MBBS, FRCPA, FAACB, FFSc; Patty Siri-Tarino, PhD; Mark Sisson; Gary Taubes

**the great cholesterol con book: From Zero to Fifty: A Weight Loss Retrospective** N.T. Bergeron, 2012 Millions and millions of people around the world challenge themselves each and every day to lose weight. Sadly, about ninety five percent of those people won't reach their weight loss goals. Losing weight is big business and tough business. It usually doesn't come easy and with the myriad of conflicting reports and information out there, it's no wonder people fail. Weight loss should be simple and it can be, we just need the right mindset going in. This book is an observation of the trials and tribulations the author experienced during his own battles of the bulge.

**the great cholesterol con book: Olive Oil Can Tap Dance** Zoë Harcombe, 2013-12-19 This eBook is a collection of short articles and blog posts covering topics as varied as 'Cholesterol and heart disease - there is a relationship, but it's not what you think'; 'How medical studies are manipulated'; 'Five-a-day - is it enough?'; 'Who's teaching our children about 'nutrition'?'; 'Statins with your burger? Better add a pregnancy test too' and many others. The articles challenge conventional wisdom in nutrition and health and take a critical look at the conflicts of interest surrounding how food and drugs are positioned.

**the great cholesterol con book: The Great Cholesterol Myth, Revised and Expanded** Jonny Bowden, Stephen T. Sinatra, M.D., F.A.C.C., C.N.S., 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 great cholesterol con book: Live Longer, Live Younger** Rajendra Sharma, 2021-01-12 Known in the music industry as the “Rock Doc” for his work prescribing optimum health tips to such legendary musicians as Tina Turner and Spice Girl Melanie C, Dr. Sharma has in recent years turned his attention to anti-aging. In his new book he has compiled over twenty-five years of research and clinical experience into a comprehensive and affordable volume. Sharma believes that the key to slowing the aging process is to first understand which of your body systems is showing the most wear and tear, or is most likely to break down based on your past, your family history and, when needed, medical tests and diagnostics. After filling out a simple questionnaire, you will be guided through an array of scientifically up-to-date tips that are nothing less than encyclopedic in scope.

**the great cholesterol con book: Free The Animal: Lose Weight & Fat With The Paleo Diet** Richard Nikoley, 2012-06-12 Drawing on evolutionary logic, scientific research, and his own personal experiences, blogger Richard Nikoley of Free the Animal ([freetheanimal.com](http://freetheanimal.com)) presents a complete guide to losing weight and fat the natural way. After many frustrating years of trying to lose weight by adhering to mainstream nutritional guidelines, Richard made a radical decision to throw the rules out. Instead of eating whole grains and lean meat, he ate what his body had always craved: animal fat, and lots of it—and the extra weight started falling away. In Free The Animal: How To Lose Weight & Fat On The Paleo Diet, Richard shares his tips for eating, fasting, and exercising as wild humans did for millennia. Find out how to embrace your primal cravings for nutritionally dense animal fats and fiber-rich plant sources. Learn to stop listening to the experts and start tuning in to your body's natural signals. Richard's approach to the Paleo lifestyle will help you lose fat, gain muscle, and unleash the energy of the animal inside you.

**the great cholesterol con book: The Complete Book of Ketones** Mary Newport, 2019-02-26 why go keto? Whether you are just curious about the keto craze or ready to fully embrace the keto lifestyle, The Complete Book of Ketones: A Practical Guide to Ketogenic Diets and Ketone Supplements is for you. The Complete Book of Ketones is your comprehensive guide to all things Keto, and can help you answer the question, why go keto? The Complete Book of Ketones is far more than recipes and diet tips. This book provides a breakdown of the science behind ketogenics and includes personal testimonies from people who have experienced the benefits of practicing a keto

lifestyle first hand. This book also provides strategies for increasing ketone levels, an overview of the different types of ketogenic diets and their benefits, a list of ketone supplements, keto-friendly recipes and ingredients, sources for finding specialty foods, and much more.

**the great cholesterol con book: *Whole Brain Power: the Fountain of Youth for the Mind and Body*** Gregory Walsh, Michael Lavery, Gregory S. Walsh, Michael J. Lavery, 2008-09-24 Michael J. Lavery's theories about how large and small motor-skill development of both right and left hands is directly linked to development in the left and right hemispheres of the brain is revolutionizing our understanding of how best to train the brain. The application of his theories and training methodologies are universal, including benefits for athletes seeking to supercharge their performance, for Baby Boomers wanting to reverse the aging process, and for retirees looking to rejuvenate their memory powers and regain an active lifestyle. Learn how a dozen Whole Brain Power All-Star practitioners from the ages of fifteen to ninety-one have transformed their brains and bodies through Michael's simple ambidextrous skill training, penmanship drills, and memory drills. Get ready to become part of the revolution in wholebrain development in the 21st century.

**the great cholesterol con book: *A Legacy of Healing*** Dr. Christopher Amoruso, Dr. Angelo Rose, 2016-10-29 This book was the brainchild of Dr. Angelo C. Rose. After fifty years of practicing holistic care, he wanted to leave his patients with a resource they could use as a guide in the natural healing of the more common health problems people typically face. This book provides a wealth of information and includes dietary guidelines, specific healing protocols, remedies, and valuable resources for myriad conditions. The book is designed to be used as a reference for people of all ages, even for those just looking to increase their knowledge of nutrition and diet.

**the great cholesterol con book: *A Statin Nation*** Dr Malcolm Kendrick, 2018-12-27 If you have been told that you must take statins or risk a devastating heart attack or stroke, you need to read this book. Dr Kendrick, a well-known statin sceptic and author of the bestselling *The Great Cholesterol Con*, has returned to the diet-heart-cholesterol battlefield to warn that people are being conned. In relaxed and humorous style, he lifts the rock to allow the reader to peer underneath. He points out that statins, even in high-risk individuals, increase life expectancy by a mere four days after five years of treatment. Yet adverse effects have been swept under the carpet by researchers who are closely tied to the industry. The way to avoid heart disease, and strokes, is simple - but, as this riveting book shows, it has nothing to do with lowering cholesterol levels.

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Carl J Hagelstam, 2014-03 This book is about one man's successful quest to reverse his cardiovascular disease and his wife's stage 3 lung cancer in their own home without mainstream pharmaceuticals, chemotherapy, or radiation. Most importantly he describes the value of addressing ones overall health condition at a cellular level in order to avoid the lurking threat of developing any number of other diseases and conditions. While applying these therapies and procedures the only side effect ever noticed by the author and his wife appeared to be the gradual and steadily growing sense of good health. Although the author is not a licensed medical doctor, the therapies he and his wife strictly followed for heart disease and lung cancer are described here in full detail. You decide.

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