

malcolm kendrick the great cholesterol con

Malcolm Kendrick the Great Cholesterol Con

The narrative surrounding cholesterol and cardiovascular health has been a cornerstone of modern medicine and public health campaigns for decades. Central to this discourse is Malcolm Kendrick, a British physician and author who has become a prominent critic of the conventional cholesterol theory of heart disease. He is often associated with the term “the great cholesterol con,” suggesting that the widespread belief linking cholesterol levels to heart disease is fundamentally flawed or misleading. Kendrick’s work aims to challenge established medical dogmas, provoke critical thinking, and encourage a reassessment of what truly causes heart disease. This article delves into Malcolm Kendrick’s perspectives, the foundations of his arguments, and the broader implications of his critique.

Who is Malcolm Kendrick?

Background and Credentials

Malcolm Kendrick is a General Practitioner (GP) based in the United Kingdom with over 30 years of clinical experience. He has gained recognition not only for his medical practice but also for his writings and speeches that question mainstream cardiovascular theories. Kendrick’s approach is rooted in clinical observation, scientific skepticism, and a desire to uncover the truth behind common health myths.

His most notable works include books such as *The Great Cholesterol Con* and *Doctoring Data*, where he explores the discrepancies and contradictions within the scientific research and medical guidelines related to cholesterol and heart disease.

Philosophy and Approach

Kendrick’s philosophy emphasizes critical appraisal of scientific studies and a cautious approach toward adopting medical guidelines without thorough scrutiny. He advocates for a more nuanced understanding of cardiovascular health that considers multiple risk factors beyond just cholesterol levels.

The Core of Malcolm Kendrick's Critique

The Cholesterol Hypothesis: An Overview

The cholesterol hypothesis posits that elevated levels of low-density lipoprotein (LDL) cholesterol are a primary cause of atherosclerosis and heart disease. This belief has driven widespread use of statins, dietary recommendations to reduce saturated fat intake, and screening programs.

Kendrick challenges this hypothesis on several grounds:

- **Correlation does not imply causation:** Elevated cholesterol may be an associated factor rather than a direct cause.
- **Inconsistent evidence:** Some studies show that people with high cholesterol live just as long or longer than those with lower levels.
- **Statin limitations:** While statins lower cholesterol, they do not consistently demonstrate a significant reduction in overall mortality or heart attacks in all populations.

The Role of Inflammation and Other Factors

Kendrick argues that focusing solely on cholesterol oversimplifies the complex nature of heart disease. He emphasizes the importance of other factors:

- **Inflammation:** Chronic inflammation is increasingly recognized as a key driver of atherosclerosis.
- **Blood sugar and insulin resistance:** These metabolic issues contribute significantly to cardiovascular risk.
- **Oxidative stress:** Damage caused by oxidative processes plays a role in arterial plaque formation.
- **Genetics and lifestyle:** Factors such as smoking, stress, and lack of physical activity are critical contributors.

Kendrick suggests that these elements are more central to the development of heart disease than cholesterol levels alone.

The Data and Scientific Evidence

Kendrick scrutinizes the scientific studies that underpin the cholesterol hypothesis:

1. Many epidemiological studies show a weak or inconsistent link between cholesterol and heart disease.
2. Some randomized controlled trials fail to demonstrate that lowering cholesterol reduces mortality.
3. Meta-analyses indicate that the benefit of statins may be limited to specific populations, such as those with existing cardiovascular disease.

He asserts that much of the data supporting cholesterol's role is either misinterpreted or selectively presented.

Why Does the Cholesterol Myth Persist?

Influence of the Pharmaceutical Industry

A significant factor in maintaining the cholesterol paradigm is the influence of pharmaceutical companies manufacturing statins and related drugs. Kendrick points out:

- Research funding often comes from vested interests.
- Positive findings tend to be published more frequently than negative ones.
- Advertising and marketing campaigns reinforce the message that lowering cholesterol saves lives.

Medical Guidelines and Policy Decisions

Medical authorities and government agencies have embedded the cholesterol

narrative into clinical guidelines:

- Screening programs target cholesterol levels as a primary risk factor.
- Prescription practices favor statin use for broad populations.
- Public health messages focus on diet and medication to manage cholesterol.

Kendrick argues these policies are based on flawed assumptions and may do more harm than good.

Psychological and Cultural Factors

Public perception and cultural beliefs about health contribute to the persistence of the cholesterol myth:

- Fear of heart disease prompts people to seek simple solutions.
- Media coverage often sensationalizes studies linking cholesterol and heart risk.
- Medical professionals may adhere to guidelines due to liability concerns or tradition.

The Implications of the Cholesterol Con

Impact on Patients and Healthcare

Kendrick warns that the focus on cholesterol has:

- Led to unnecessary medication use, exposing patients to side effects.
- Diverted attention from addressing root causes like inflammation, diet, and lifestyle.
- Created a false sense of security for those with “healthy” cholesterol

levels.

Potential for Harm

Over-reliance on statins and dietary restrictions may:

- Cause adverse effects such as muscle pain, cognitive issues, and increased diabetes risk.
- Lead to neglect of healthier lifestyle changes that could have a more significant impact.
- Undermine trust in medical science when the “con” is exposed.

Moving Toward a Holistic Approach

Kendrick advocates for a paradigm shift in cardiovascular health management:

1. Focus on reducing inflammation through diet, exercise, and stress management.
2. Address metabolic health by controlling blood sugar and insulin resistance.
3. Promote lifestyle modifications over medication when appropriate.
4. Encourage comprehensive risk assessments that include multiple factors.

Criticism and Controversy Surrounding Kendrick's Views

Scientific Community's Response

While Kendrick's critique resonates with many skeptics, it has also faced

criticism:

- Some experts argue that the evidence for cholesterol's role is stronger than Kendrick admits.
- Questions exist about whether dismissing cholesterol entirely ignores its biological functions.
- Potential for undermining public health efforts aimed at reducing cardiovascular risk.

Balancing Skepticism with Evidence

Advocates for Kendrick's perspective emphasize the importance of:

- Continuing rigorous scientific inquiry.
- Recognizing the complexity of cardiovascular disease.
- Avoiding oversimplification and dogma in medical practice.

Conclusion: Rethinking Heart Disease Prevention

Malcolm Kendrick's assertions about "the great cholesterol con" challenge us to critically evaluate long-held beliefs about heart health. While cholesterol is a marker associated with cardiovascular risk, the notion that lowering it alone can prevent heart attacks is increasingly questioned. Kendrick's work underscores the importance of a holistic approach that considers inflammation, metabolic health, lifestyle, and genetics.

As science advances, it is crucial to remain open-minded and discerning, avoiding dogma and vested interests. Patients and healthcare providers alike should prioritize evidence-based strategies that address the multifaceted nature of heart disease. Ultimately, Kendrick's critique serves as a reminder that the path to improved cardiovascular health may lie not in chasing lab numbers but in fostering overall well-being through lifestyle, diet, and informed medical decisions.

References and Further Reading

- Kendrick, Malcolm. The Great Cholesterol Con. Skyhorse Publishing, 2014.
- Sacks FM, et al. "The Role of Dietary Fats in Cardiovascular Disease." American Journal of Clinical Nutrition, 2017.
- Ridker PM. "Inflammation, C-Reactive Protein, and Cardiovascular Disease." Circulation, 2018.
- Expert opinions and critiques on cholesterol and heart disease.

Note: This article aims to present Malcolm Kendrick's perspectives and critiques comprehensively. Readers are encouraged to consult multiple sources and discuss health concerns with qualified medical professionals.

Frequently Asked Questions

Who is Malcolm Kendrick and what is his stance on cholesterol and heart disease?

Malcolm Kendrick is a British doctor and author known for his controversial views that challenge the traditional understanding of cholesterol's role in heart disease. He argues that high cholesterol levels are not the primary cause of cardiovascular problems and criticizes mainstream dietary and medical approaches.

What is 'The Great Cholesterol Con' and how does Malcolm Kendrick relate to it?

'The Great Cholesterol Con' is a book by Malcolm Kendrick that critiques the widely accepted theory that high cholesterol causes heart disease. Kendrick claims that this 'con' has led to unnecessary medication and fear, advocating for a reevaluation of cardiovascular risk factors.

What evidence does Malcolm Kendrick present to support his argument against cholesterol being the main cause of heart disease?

Kendrick cites studies showing that many people with high cholesterol do not develop heart disease and that others with low cholesterol still experience cardiovascular events. He also points to inconsistencies in the data and suggests that inflammation and other factors play a more significant role.

How has the medical community responded to Malcolm

Kendrick's claims in 'The Great Cholesterol Con'?

Many in the mainstream medical community have criticized Kendrick's views, arguing that extensive research supports the link between cholesterol and heart disease. Critics warn that dismissing cholesterol's role could undermine preventive health measures and lead to increased cardiovascular risk.

What alternative factors does Malcolm Kendrick suggest are more important in the development of heart disease?

Kendrick emphasizes the importance of inflammation, oxidative stress, and lifestyle factors such as diet, smoking, and physical activity over cholesterol levels in the development of heart disease.

Additional Resources

Malcolm Kendrick: The Great Cholesterol Con

In recent years, the medical community has come under increasing scrutiny for its long-standing approach to heart disease prevention and treatment. Among the most controversial figures challenging conventional wisdom is Malcolm Kendrick, a British general practitioner and author who has gained notoriety for his critical stance on the cholesterol hypothesis—the widely accepted belief that elevated cholesterol levels are a primary cause of cardiovascular disease. Kendrick's assertions, encapsulated in his book titled *The Great Cholesterol Con*, question the foundational assumptions of mainstream cardiology and urge a re-examination of how we understand and manage heart health. This article aims to explore Kendrick's arguments, dissect the science behind cholesterol and heart disease, and evaluate the implications of his claims for patients and healthcare providers alike.

The Origins of the Cholesterol Hypothesis

The Historical Context

The cholesterol hypothesis gained momentum in the mid-20th century, primarily based on observational studies linking high cholesterol levels to increased incidences of heart attacks. Researchers like Ancel Keys popularized the idea that dietary fats, particularly saturated fats, led to elevated blood cholesterol, which in turn caused atherosclerosis—a condition characterized by the buildup of fatty deposits in arterial walls.

Key studies, such as the Framingham Heart Study initiated in the 1940s, identified correlations between high cholesterol levels and cardiovascular

risk. These findings led to widespread public health campaigns advocating for low-fat diets and the widespread use of statins—medications designed to lower cholesterol levels.

The Mainstream Consensus

Today, the cholesterol hypothesis remains the dominant paradigm in cardiology. It underpins clinical guidelines worldwide, which recommend cholesterol screening, lifestyle modifications, and statin therapy to reduce heart attack and stroke risk. The rationale is straightforward: if high cholesterol causes artery blockages, then lowering cholesterol should reduce cardiovascular events.

Malcolm Kendrick's Critique: Challenging the Foundations

The Core of Kendrick's Argument

Malcolm Kendrick's critique centers on the assertion that the cholesterol hypothesis is fundamentally flawed—"the great cholesterol con"—and that the widespread focus on cholesterol levels may distract from more pertinent risk factors. His main contentions include:

- **Correlation Does Not Imply Causation:** Kendrick argues that while high cholesterol correlates with heart disease, this does not establish causality. Many individuals with high cholesterol never develop heart disease, and vice versa.
- **Cholesterol as a Marker, Not a Cause:** He suggests that elevated cholesterol might be a symptom rather than a cause. For example, inflammation and other factors could lead to both increased cholesterol production and arterial damage.
- **Statins and Their Limitations:** Kendrick emphasizes that statins, although effective at lowering cholesterol, do not significantly reduce mortality rates from heart disease in many cases, and may carry side effects that are underreported or misunderstood.
- **Alternative Risk Factors:** He advocates focusing on other factors such as inflammation, blood pressure, blood sugar, and lifestyle choices—factors he considers more directly involved in heart disease.

Evidence and Scientific Debate

Kendrick supports his claims by citing studies that show inconsistent relationships between cholesterol levels and heart attacks. For example, some populations with high cholesterol levels have low rates of heart disease, while others with normal or low cholesterol experience high rates.

He also points to research indicating that inflammation markers like C-

reactive protein (CRP) are better predictors of cardiovascular risk than cholesterol alone. This has led to a growing body of research exploring the role of chronic inflammation in the development of atherosclerosis.

Dissecting the Science: Cholesterol, Heart Disease, and Controversies

Understanding Cholesterol: Types and Functions

Cholesterol is a waxy, fat-like substance essential to human health. It plays roles in:

- Cell membrane integrity
- Hormone synthesis (e.g., estrogen, testosterone)
- Production of vitamin D
- Bile acid formation for digestion

Cholesterol circulates in the blood in different forms:

- Low-Density Lipoprotein (LDL): Often dubbed "bad cholesterol," LDL transports cholesterol to tissues, including the arterial walls.
- High-Density Lipoprotein (HDL): Known as "good cholesterol," HDL helps remove excess cholesterol from tissues and transports it back to the liver for excretion.

Conventional wisdom suggests that high LDL cholesterol contributes to plaque formation in arteries, leading to atherosclerosis.

The Evidence: What Does the Research Say?

Supporting the Cholesterol Hypothesis

- Numerous epidemiological studies associate elevated LDL with increased cardiovascular risk.
- Statins lower LDL levels and have been shown to reduce the incidence of heart attacks in certain populations.
- Genetic conditions like familial hypercholesterolemia demonstrate that extremely high LDL levels are linked to early-onset heart disease.

Challenges to the Hypothesis

- Some studies find weak or inconsistent correlations between cholesterol levels and cardiovascular events.
- Populations with high dietary cholesterol intake often have low rates of heart disease, suggesting other factors are at play.
- The "French Paradox," where the French consume high saturated fat diets but have low heart disease rates, complicates the narrative.
- The role of inflammation and oxidative stress appears central in atherosclerosis development, possibly independent of cholesterol levels.

The Role of Statins: Benefits and Limitations

While statins effectively lower LDL cholesterol, their impact on mortality and morbidity varies:

- Meta-analyses indicate that statins reduce the risk of heart attacks, especially in high-risk groups.
- However, the absolute risk reduction is often small, and side effects such as muscle pain, liver enzyme elevations, and potential cognitive effects are concerns.
- Critics argue that the emphasis on LDL reduction may overlook other vital interventions like lifestyle changes.

The Inflammatory Hypothesis and Alternative Perspectives

Inflammation as a Central Player

Kendrick and other researchers emphasize that inflammation may be the primary driver of atherosclerosis. Chronic inflammatory states—due to obesity, smoking, diabetes, or infections—damage arterial walls, leading to plaque formation.

Markers such as CRP have gained attention as better predictors of cardiovascular events than cholesterol levels alone.

Lifestyle Factors and Prevention

Focusing on diet quality, physical activity, smoking cessation, and stress management may have more profound impacts on cardiovascular health than simply lowering cholesterol. Kendrick advocates for a holistic approach that addresses these factors rather than over-reliance on medications.

Implications for Patients and Healthcare Policy

Rethinking Screening and Treatment

Kendrick's critiques raise important questions:

- Are current cholesterol screening protocols necessary for all populations?
- Do the benefits of widespread statin use outweigh the risks?
- Should treatment focus more on inflammation and lifestyle modifications?

The Need for Personalized Medicine

The debate underscores the importance of personalized risk assessment. Not all patients benefit equally from statins, and individual factors such as genetics, inflammation markers, and overall lifestyle should guide treatment

decisions.

Moving Forward: Balancing Evidence and Caution

While Kendrick's views are controversial, they highlight the need for nuanced understanding and further research. It is essential for clinicians to consider the totality of evidence, recognize the limitations of current models, and prioritize patient-centered care.

Conclusion: Navigating the Cholesterol Conundrum

Malcolm Kendrick's critique of the cholesterol hypothesis serves as a provocative reminder that scientific understanding is continually evolving. While cholesterol plays a role in human biology, its direct causative link to heart disease remains an area of active debate. Recognizing the multifactorial nature of cardiovascular disease—including inflammation, lifestyle, genetics, and metabolic health—is crucial for effective prevention and treatment strategies.

Ultimately, patients and providers should approach cholesterol management with critical thinking, informed by the latest evidence, and be cautious of oversimplified narratives. Ongoing research promises to shed further light on the complex mechanisms underlying heart disease, moving us toward more effective, personalized, and holistic approaches to cardiovascular health.

[Malcolm Kendrick The Great Cholesterol Con](#)

malcolm kendrick the great cholesterol con: 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.

malcolm kendrick the great cholesterol con: *The Great Cholesterol Myth* Jonny Bowden,

Stephen Sinatra, 2012-11-01 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 HCL ratios - High glycemic levels Bestselling health authors Jonny Bowden, Ph.D., and Stephen Sinatra, M.D. give readers a 4-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. Get proven, evidence-based strategies from the experts with The Great Cholesterol Myth. 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-High cholesterol is a predictor of heart attack. Fact-There is no correlation between cholesterol and heart attack. 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. 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-A high carbohydrate diet protects you from heart disease. Fact-Simple processed carbs and sugars predispose you to heart disease. Myth-Fat is bad for your health. Fact-Monounsaturated and saturated fats protect you from metabolic syndrome. Sugar is the foe in cardiovascular disease. Myth-There is good (HDL) cholesterol and bad (LDL) cholesterol. Fact-This is over-simplistic. You must fractionate LDL and HDL to assess the components. Myth-Cholesterol causes heart disease. Fact-Cholesterol is only a theory in heart disease and only the small component of LP(a) or "bb shot" LDL predisposes one to oxidation and inflammation.

malcolm kendrick the great cholesterol con: Summary of Dr. Malcolm Kendrick's The Clot Thickens Milkyway Media, 2023-01-25 Buy now to get the main key ideas from Dr. Malcolm Kendrick's The Clot Thickens What really causes heart disease? It's not what you think, according to Dr. Malcolm Kendrick. In The Clot Thickens (2021), he debunks myths about heart disease that have been around for decades, including the widely accepted theory that having high cholesterol and eating too much saturated fat cause the disease. Kendrick introduces us to an alternate theory that has been buried for a long time and manipulated by greedy pharmaceutical companies that made a fortune off the cholesterol theory even though they knew it was wrong. Kendrick offers a simplified explanation of how blood clots are the actual culprit behind heart disease, a comprehensive list of risk factors, and what we can do to avoid them.

malcolm kendrick the great cholesterol con: 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.

malcolm kendrick the great cholesterol con: It's Not My Head, It's My Hormones Marion Gluck, 2019-11-28 Knowledge is power! We can't all be doctors, but we can all understand our hormone health. This is a practical and inspirational book dedicated to helping women be their mental and physical best at any age. Jeanette Winterson What if you're not actually going crazy? What if you don't need antidepressants after all? What if it's not your head, but your hormones? When your hormones are out of control, you lose control, and it can feel like you've turned into someone else entirely. Women's hormonal issues are routinely misdiagnosed and misunderstood by their doctors, but the lucky ones find their way to Dr Marion Gluck's clinic where she empowers them with her unique knowledge on how to take back control of their bodies and minds. With her expert advice from puberty to post-menopause, let Dr Gluck show you how hormones can become your allies in optimising your mental health and physical wellbeing. It's time to feel like yourself again. Dr Marion Gluck is world-renowned as a pioneer in the use of bio-identical hormones for women. She has over 30 years' experience working as a medical doctor with women all around the world. Based in London, she now trains doctors internationally on this life-changing treatment.

malcolm kendrick the great cholesterol con: Low Sugar, So Simple Elviira Krebber, 2017-11-21 Low Sugar, So Simple will get the sugar off your plate for good with 100 recipes free of the sugars that are sabotaging your health. Sugar is quickly becoming the next health epidemic. Numerous studies have confirmed that sugar is a highly addictive substance with catastrophic effects on our health. Research has shown that drinking a can of soda a day increases the risk of a heart attack nearly as much as smoking. Sugar lurks in everything from condiments to salad dressing to deli meat. Combine that with the fact that many foods contain things like starches, fillers, and artificial ingredients which act like sugar in the body, and you've got a perfect storm for lifelong sugar addiction and compromised health. Low-Sugar, So Simple shows you how to get sugar off your plate for good. Popular blogger Elviira Krebber of Low-Carb, So Simple provides 100 low and no sugar recipes for everything from condiments to main dishes to desserts. Learn healthy substitutions for sugar, how to remove stealth sugars, and get the sugar pretenders like starches, fillers, and additives out of your diet for good. Done in the author's trademark approachable style, living the low-sugar lifestyle is easy with 100 recipes that are delicious, healthy, and easy to prepare.

malcolm kendrick the great cholesterol con: 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) 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.

malcolm kendrick the great cholesterol con: 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.

malcolm kendrick the great cholesterol con: How to Get Yourself Infected By Chronic Good Health 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.

malcolm kendrick the great cholesterol con: The Hybrid Diet Patrick Holford, Jerome Burne, 2019-03-21 A radically different, practical and doable way to achieve a healthy weight and substantially reduce your risk of diseases such as diabetes, heart disease, cancer and dementia. 'If you follow the advice here, you will improve your health, lose weight, avoid diabetes and reduce your risk of cancer and Alzheimer's. What more could you ask?' Dr Malcolm Kendrick, GP and author of *The Great Cholesterol Con* 'A highly readable, smart and well-reasoned book based on the latest generation of rigorous science' Nina Teicholz, author of *The Big Fat Surprise*, and Adjunct Professor, New York University Recent research has shown that a diet that is very low in carbs and high in good fats is effective for weight loss, can counteract many diseases and also help athletic performance and endurance. The drawback is that it is difficult to stick to - because most people love carbs. But, as *The Hybrid Diet* demonstrates, we don't need to choose. The human body has been designed through millions of years of evolution to burn two different sources of fuel - glucose (which comes from the carbohydrates in fruit and vegetables) and ketones (which are made in the body from fat) - and to switch between them when food is scarce. The point of *The Hybrid Diet* is to show you how to make the best use of both options when you need them, and how best to switch between them. In their quest to discover the perfect diet, leading health journalist Jerome Burne and nutrition expert Patrick Holford have examined the latest cutting-edge science and have put together a plan that is sound, simple and delicious - one that is based on how your body works best.

malcolm kendrick the great cholesterol con: The Obesity Epidemic Zoe Harcombe, We want to be slim more than anything else in the world, so why do we have an obesity epidemic? If the solution is as simple as 'eat less and do more', why are 90% of today's children facing a fat future? What if the current diet advice is not right? What if trying to eat less is making us fatter? What if everything we thought we knew about dieting is wrong? This is, in fact, the case. This book will de-bunk every diet myth there is and change the course of *The Obesity Epidemic*. This is going to be a ground breaking journey, shattering every preconception about dieting and turning current advice upside down. Did you know that we did a U-Turn in our diet advice thirty years ago? Obesity has increased ten fold since - coincidence or cause? Discover why we changed our advice and what is stopping us changing it back; discover the involvement of the food industry in our weight loss advice; discover how long we have known that eating less and doing more can never work and discover what will work instead. There is a way to lose weight and keep it off, but the first thing you must do is to throw away everything you think you know about dieting. Because everything you think you know is actually wrong. The diet advice we are being given, far from being the cure of the obesity epidemic, is, in fact, the cause.

malcolm kendrick the great cholesterol con: The Lean Machines John Chapman, Leon Bustin, 2016-05-05 The Lean Machines are genuine experts in health and happiness and have helped thousands of people get lean and strong through their work as personal trainers and on their hugely popular YouTube channel. Champions of balance, moderation and individuality, their advice is

sensible, accessible, and not at all intimidating - eat well, move better and feel awesome! Our aim is to help as many people as possible get healthy and understand that getting in great shape doesn't have to be hard or depressing. Here, they share their secrets in their first book; a fun, fully illustrated guide for becoming the best version of yourself. Featuring easy nutritious recipes, as well as simple workouts, toning tips and mindfulness techniques, the boys prove that having a healthy lifestyle is achievable and fun. #leanmachines

malcolm kendrick the great cholesterol con: *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.

malcolm kendrick the great cholesterol con: *A Statin-Free Life* Aseem Malhotra, 2021-08-19 'Giving you all the facts to help you decide how best to have a healthy life. - Dr Phil Hammond Statins are among the most widely prescribed drugs in the world. Yet many report unacceptable side effects and a US survey revealed that 75 per cent of respondents stopped taking them within a year. So what is the evidence for their benefits? Dr Aseem Malhotra, author of the bestselling *The 21-Day Immunity Plan* and co-author of the bestselling *The Pioppi Diet*, examines the claims for statins and their role in lowering cholesterol and preventing heart disease. He introduces us to his targeted heart-health plan, which, with a diet plan, recipes and advice on reducing stress and increasing movement, can help us to live statin-free and take control of our own health. 'Backed by science, this is a riveting read for anyone with a heart.' - Liz Earle 'Aseem's programme gives you the best opportunity for a v long and healthy life.' - Ross Walker 'Get this book to figure out if a statin-free life is right for you.' - Dr Robert Lustig

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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

malcolm kendrick the great cholesterol con: 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.

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malcolm kendrick the great cholesterol con: Eating to Beat Type 2 Diabetes Sarah Flower, 2018-11-29 In Eating to Beat Type 2 Diabetes, qualified nutritionist and esteemed author Sarah Flower offers a key message for those who either have or are at risk of developing type 2 diabetes: avoid processed grains, sugars and other foods, and opt instead for a balanced diet containing proper ingredients that are rich in natural fats and good-quality protein. Sarah put her own clients suffering from type 2 diabetes onto this sugar-free, low-carb and high-fat regime with amazing results. They experienced weight loss, increased energy levels and - most importantly - they saw their blood sugar levels decrease to a normal range so that they were able to come off medication. This book: -Explains how to make the essential dietary changes to fight type 2 diabetes and the science behind them -Provides a comprehensive 'go-to' list of good and bad foods -Gives practical, easy-to-follow and utterly delicious family recipes which prove that changing your lifestyle and eating habits doesn't have to mean missing out on foods you love - from 'Easy low-carb pancakes' to 'Grain-free chicken Kiev' Eating to Beat Type 2 Diabetes has been supported by Dr David Unwin and Dr Ian Lake. In 2016 Dr Unwin was both 'NHS Innovator of the year' and a finalist for 'Diabetes Team of the Year' in the British Medical Journal National Awards. Dr Ian Lake is medical advisor to diabetes.co.uk and founder member of The Public Health Collaboration, a charity dedicated to informing and implementing health decisions for better public health.

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governments should focus on adaptation. As is, climate change discussions have become captive of a utopian agenda that is using climate change as a stalking horse to drive alarm in the hope that it will convince governments to act.--

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