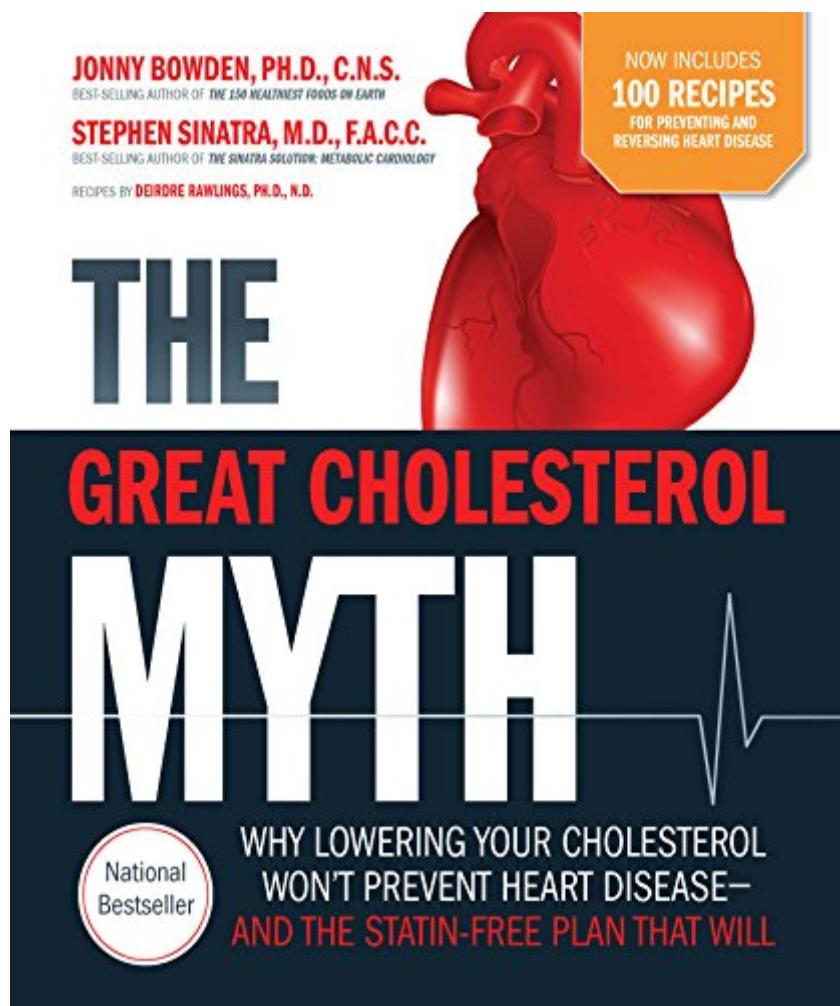


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# The Great Cholesterol Myth + 100 Recipes For Preventing And Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease And The Statin Free Plan And Diet That Will





## Synopsis

Get proven, evidence-based strategies from the experts with The Great Cholesterol Myth Plus 100 Recipes. 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 Plus 100 Recipes reveals the real culprits of heart disease, including: Inflammation, Fibrinogen, Triglycerides, Homocysteine, Belly fat, Triglyceride to HCL ratios, High glycemic levels, and offers 100 recipies that will help reduce the risk of heart disease. 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. Then enjoy delicious, heart-healthy meals from nutritionist Deirdre Rawlings, Ph.D., N.D. Get proven, evidence-based strategies from the experts with The Great Cholesterol Myth Plus 100 Recipes.

**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 transfats 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.

## **Book Information**

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## **Customer Reviews**

Cardiologist Dr. Stephen Sinatra MD is RIGHT ON THE MONEY. We owe my husband's continued life to the TRUTH as revealed by Dr. Stephen Sinatra as he discusses in his books including The Sinatra Solution: Metabolic Cardiology and Earthing: The Most Important Health Discovery Ever?. When I heard the Great Cholesterol Myth was coming out I quickly nabbed a copy from our local library - I have since purchased a copy here on to be able to share with our many friends who are overly concerned with their cholesterol to the detriment of over-looking inflammation. Be sure to get the NEW & UPDATED 2015 version of the The Great Cholesterol Myth Now Includes 100 Recipes. The Great Cholesterol Myth Now Includes 100 Recipes for

Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that WillDr. Sinatra discussed The Great Cholesterol Myth in good detail on the Dr. Oz show. Both Dr. Oz and Dr. Sinatra have publicly stated they no longer believe so many people should be prescribed statin drugs and they both have discussed why children should NOT be taking statin drugs. When entire teams of cardiologists sent my husband home to die and gave us NO advice to keeping him alive, a friend told us aboutÃ  The Sinatra Solution: Metabolic CardiologyÃ  andÃ  Lower Your Blood Pressure in Eight Weeks: A Revolutionary Program for a Longer, Healthier Life. We also foundÃ  Reverse Heart Disease Now: Stop Deadly Cardiovascular Plaque Before It's Too LateÃ  andÃ  The Doctor's Heart Cure, Beyond the Modern Myths of Diet and Exercise: The Clinically-Proven Plan of Breakthrough Health Secrets That Helps You Build a Powerful, Disease-Free HeartÃ  informative as well. In Dr. Sinatra's books we learned the truth of the Awesome Foursome (supplements) and how to re-energize the heart at the cellular level. Instead the 10 years prior his former medical doctors always lectured him about his cholesterol levels (never high, but they wanted his levels lower due to his former diagnosis of type 2 diabetes (now "resolved" per our primary care M.D.) and hypertension (under far better control now since we learned the truth of Metabolic Cardiology.) Despite being prescribed statins, high blood pressure medications and diabetes medications, my husband developed END STAGE heart disease. After 4 stents his ejection fraction was still less than 15%, he could not get out of bed to get a shower, he was weak, sick, frail and pale. Today he's growing stronger, vibrant, glowing skin and is the picture of improving health. ALL because of healthy eating and VERY wise supplementation including the Awesome Foursome as Sinatra writes to great length about - magnesium, l-carnitine, d-ribose, and co-enzymeQ10 (though we prefer to use ubiquinol with PQQ instead.) INFLAMMATION IS THE PROBLEM. Lack of NUTRITION is the problem.

OVER-PROCESSED FOOD is the problem (we refer to this as chemicalized sludge). OVER-MEDICATION is the problem! Egotistical medical doctors who deny the truth further contribute to the problem! HEAVY METALS is ALSO part of the problem. Find a ACAM doctor willing to do an IV Chelation challenge with urinalysis and see which heavy metals are involved - we're repeatedly seeing MERCURY, LEAD, THALLIUM and MRI Contrast GADOLINIUM among our friends and acquaintances on local support groups. We will NEVER EVER EVER consent to an MRI with contrast EVER AGAIN, GADOLINIUM IS TOXIC! GADOLINIUM CAUSED MY HUSBAND's ATRIAL FIBRILLATION AND PARTIAL PARALYSIS. The answer is NUTRITION, supplementation wisely, ANTI-OXIDANTS for reducing inflammation, EDTA treatments followed up mineral supplementation to remove heavy metals, etc. We use LOTS of turmeric in our home for

cooking rice, soups, stews, homemade french salad dressing, etc. Turmeric is an awesome anti-inflammatory - so much so my husband controlled pain from surgery to repair his hip fracture - yes, turmeric is indeed that powerful! This is why turmeric has been used so widely in Traditional Chinese Medicine as well as in Ayurvedic medicine (India) as practiced the past 4,000 - 8,000 years, respectively. Garlic and the other culinary herbs have so many wonderful phytonutrients that also help to further reduce inflammation and increase overall cardiovascular health, this is why they have been so widely used over many thousands of years. Our ancestors were far wiser than we generally give them credit. By the way, STATIN DRUGS deplete Co-enzyme Q 10 which causes MUSCLE PAIN, JOINT PAIN, CRIPPLED "arthritic" HANDS, BACK PAIN, etc. Read THE GREAT CHOLESTEROL MYTH for the truth... you will be surprised. Highly Recommend! EVERYONE concerned with heart disease should read The Great Cholesterol Myth. We feel this is so vital that we are giving a copy to our cardiologist and primary care doctor so they are on the same page with us. Please consider giving a copy of this book to YOUR primary care doctor and YOUR cardiologist, let's get them ALL on the same page for the benefit of our entire society as a whole. Big Pharma is NOT looking out for our best interests.

I was doing cardio every day; eating right (I thought!) and exercising very regularly... at 50 I was in better shape than I was at 40 and to prove that we climbed (that's a bit of an exaggeration, we walked up an existing trail) Mt Livermore near Ft Davis, Texas... 6 weeks later I was experiencing chest pains and a failed stress test then prompted a heart cath procedure... one artery was 100% blocked and two others were 90%! I was SHOCKED! The cardiologist told me the only reason I was alive was because of my intense cardio workouts were causing my body to self bypass! He said the usual first sign of heart disease in the artery where I had a 100% blockage was sudden death!! quickly decided to educate myself and I found this book! Oh my goodness! If you want to learn what causes heart disease and how to counter it READ THIS BOOK AND LEARN! What you learn could literally save your life!

well written book on cholesterol, and the myth that we need the drugs that most doctors prescribe. The authors went out on a limb writing this book, please read it before you pop another pill!

I'm not a cardiologist but I'm a surgeon and am involved extensively in clinical trials. Recently I found that my daughter has very very high cholesterol. Current recommendations can be seen at this website: [...]. I have lots of doubts about statins and found this book very helpful. I think that the

roles of cholesterol is not well established and that our incessant drive to lower it is insane given the evidence. I think Mr. Bowden makes the case quiet clear and quite eloquently. I've been following Eli Lily's trial for evacetrapib and they announced it a failure earlier this year. For those who don't know, this drug does what it should, it lowered LDL and raised HDL. But it failed to impact on any cardiac event. The drug have the effects of lowering LDL as much as statin while raising HDL by 137%. You can read the brief summary of this trial here: [...]Criticism? If the book stops at dispelling the myth of cholesterol, it'd be a 5 star book. But like most of these books it goes on to recommend fish oil, olive oil, etc. As a scientist I would say that you have to apply the same standard you used to dispel some of the clinical trials on cholesterol, to your research on the health benefit on the food supplements that are recommended. Fish oil may be bad for you as well, for example. I'm nitpicking here, this is truly an excellent book that I think as a whole is quite good. It's a worthwhile read and will improve your understanding and the myth of cholesterol.

It is very interesting and helpful to learn another approach to deal with cholesterol problems. The pharmaceutical industry is the only one that benefits from the large number of statins being sold to individuals facing cholesterol problems. I am so glad to learn a different approach that makes sense and works.

Very informative. Helped me understand why smoking is so bad for you, i.e., not just damage to lungs but causes issues in bloodstream leading to artery problems. Described key conclusions to my doctor and he concurred.

Enjoyed reading it and with the most recent research as to why the concern with total cholesterol is not the correct indicator for coronary artery diseases. Many of recipes are very good especially for someone with diabetes and also gluten sensitivity and colitis. There are many of them I can try.

Amazing information, everyone should read this. I am currently off of my cholesterol medicine.

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Disease-and the Statin-Free Plan That Will Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [ A Holistic Approach to Preventing & Curing Heart Disease ] (Mudra Healing Book 8) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans) (Volume 73) The Great Cholesterol Myth Cookbook: Recipes and Meal Plans That Prevent Heart Disease--Naturally Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Anti-Inflammatory Elimination Diet Health Food Plan (The O Diet): Your Guide to 3 Allergy-Free Steps For Discovering Food Allergies and Developing a Healthy ... Diet: Your Diet Plan Book 1) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) 30 Day Cholesterol Cure: Live Longer and Healthier by Lowering Your Cholesterol Naturally Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes)

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