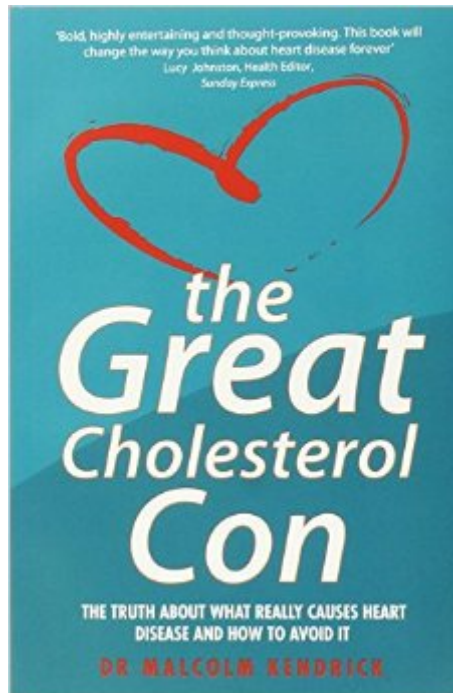


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# The Great Cholesterol Con: The Truth About What Really Causes Heart Disease And How To Avoid It



## Synopsis

Statins are the so-called "wonder drugs" widely prescribed to lower blood cholesterol levels that claim to offer unparalleled protection against heart disease. Many experts claim that they are completely safe and that they are also capable of preventing a whole series of other conditions. This groundbreaking study exposes the truth behind the hype surrounding statins and reveals a number of crucial facts, including that high cholesterol levels do not cause heart disease; that high-fat diets—saturated or otherwise—do not affect blood cholesterol levels; and that for most men and all women the benefits offered by statins are negligible at best. Other data is also provided that shows that statins have many more side effects than is often acknowledged. This hard-hitting survey also points a finger at the powerful pharmaceutical industry and an unquestioning medical profession as perpetrators of the largely facetious concepts of "good" and "bad" cholesterol that are designed to convince millions of people to spend billions on statins. With clarity and wit, this appeal to common sense and scientific fact debunks common assumptions on what constitutes a healthy lifestyle and diet, as well as the idea that there is a miracle cure for heart disease.

## Book Information

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## Customer Reviews

It is remarkable that the fat-cholesterol hypothesis of heart disease gained such an established place in US medicine, culture, and popular consciousness, despite a lack of any -strong- evidence to support the theories (including that "bad cholesterol" causes heart disease) and despite sometimes stronger evidence against the theories. The emergence into broader understanding of

insulin resistance around the year 2000 was a watershed in the demise of these two theories. I believe the last two months will be looked back on and viewed as the death of these hypotheses. Perhaps most important, last week results were published that showed that a drug that lowered LDL ("bad") cholesterol not only did not prevent heart attacks, but may have increased them. The LDL went down, but not the heart attacks. This fairly well disproves the idea that even "bad" cholesterol is really that "bad" in the first place. There has also been the appearance of two very well researched books on this topic: *Good Calories Bad Calories* by Gary Taubes and *The Great Cholesterol Con* by Malcolm Kendrick (not the same title from Colpo). Both are impeccable in their science, both show that the fat/cholesterol theory has been, well, frankly, fraudulent from a scientific point of view. Kendrick was lead author of the 14 Countries Study. He took WHO data on fat consumption and heart disease in a large group of countries. From these he selected the seven countries with the lowest fat consumption, and the seven with the highest fat consumption, and compared the rates of heart disease in the two groups. Every one of the countries with the lowest level of fat consumption had a higher rate of heart disease than any of the countries with the highest fat consumption. Do a double take? Read that again.

As a person who has stuck to a low-fat diet and exercise to try to lower my cholesterol, only to see it rise dramatically instead, I had a keen interest in reading this book. Although it does tend to be highly technical, parts of it above my head even though Dr. Kendrick made a wholehearted attempt to explain it, I thought it was a terrific book. Most of what he says appealed to my sense of logic. Why did my cholesterol go up on a very low-fat diet? It did; I saw that first-hand. Maybe because I was eating more carbohydrates, which Dr. Kendrick says is more likely to raise cholesterol levels than fat. Not that high cholesterol is bad. People ask why doctors would push statins if they didn't believe in them -- I would say, for the same reason they pushed estrogen replacement therapy. Partly a herd mentality. Besides, you have to do what the AMA says because if you don't, and something goes wrong, you can be sued. If you follow the AMA and write down in the patient's record that you did, then you have a defense. Turning the AMA is like turning a very big, old ship. Even the establishment now concurs that high cholesterol is not a factor for heart disease in women over 65. My doctor has stopped pushing me to take statins, now that I'm getting older. A different doctor got downright mean with me because I refused hormone replacement therapy years ago. But she was wrong, wrong, wrong, wrong, and common sense was right. According to the book, statins can and do act as a blood thinner (anti-clotting agent), just like aspirin, they just cost a lot more. The stress effect on the HPA-axis makes a lot of sense to me. The establishment seems to be leaning

that way also because now, even on medical websites, the emphasis is toward Metabolic Syndrome, rather than cholesterol.

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