



# **The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will**

*Jonny Bowden, Stephen Sinatra*

[Download now](#)

[Click here](#) if your download doesn't start automatically

# The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will

*Jonny Bowden, Stephen Sinatra*

## **The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will** Jonny Bowden, Stephen Sinatra

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 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.

 [Download The Great Cholesterol Myth: Why Lowering Your Chol ...pdf](#)

 [Read Online The Great Cholesterol Myth: Why Lowering Your Ch ...pdf](#)

## **Download and Read Free Online The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will Jonny Bowden, Stephen Sinatra**

---

### **From reader reviews:**

#### **Nancy Jackson:**

Do you one among people who can't read satisfying if the sentence chained inside straightway, hold on guys this particular aren't like that. This The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will book is readable through you who hate those straight word style. You will find the details here are arrange for enjoyable examining experience without leaving actually decrease the knowledge that want to deliver to you. The writer of The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will content conveys prospect easily to understand by many individuals. The printed and e-book are not different in the information but it just different in the form of it. So , do you nonetheless thinking The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will is not loveable to be your top listing reading book?

#### **Charlotte Womble:**

The e-book untitled The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will is the e-book that recommended to you to see. You can see the quality of the e-book content that will be shown to you. The language that creator use to explained their ideas are easily to understand. The author was did a lot of investigation when write the book, hence the information that they share for your requirements is absolutely accurate. You also will get the e-book of The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will from the publisher to make you considerably more enjoy free time.

#### **Katherine Wilcoxon:**

Are you kind of active person, only have 10 as well as 15 minute in your day time to upgrading your mind expertise or thinking skill perhaps analytical thinking? Then you are having problem with the book as compared to can satisfy your limited time to read it because all this time you only find reserve that need more time to be read. The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will can be your answer mainly because it can be read by a person who have those short extra time problems.

#### **Gail Cote:**

As a college student exactly feel bored to reading. If their teacher questioned them to go to the library or make summary for some publication, they are complained. Just very little students that has reading's internal or real their hobby. They just do what the instructor want, like asked to the library. They go to presently there but nothing reading significantly. Any students feel that looking at is not important, boring and also can't see colorful images on there. Yeah, it is to get complicated. Book is very important in your case. As we know that on this age, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country.

So , this **The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will** can make you sense more interested to read.

**Download and Read Online The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will Jonny Bowden, Stephen Sinatra  
#LKG1IAE8DRH**

## **Read The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will by Jonny Bowden, Stephen Sinatra for online ebook**

The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will by Jonny Bowden, Stephen Sinatra Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will by Jonny Bowden, Stephen Sinatra books to read online.

### **Online The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will by Jonny Bowden, Stephen Sinatra ebook PDF download**

**The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will by Jonny Bowden, Stephen Sinatra Doc**

**The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will by Jonny Bowden, Stephen Sinatra Mobipocket**

**The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will by Jonny Bowden, Stephen Sinatra EPub**