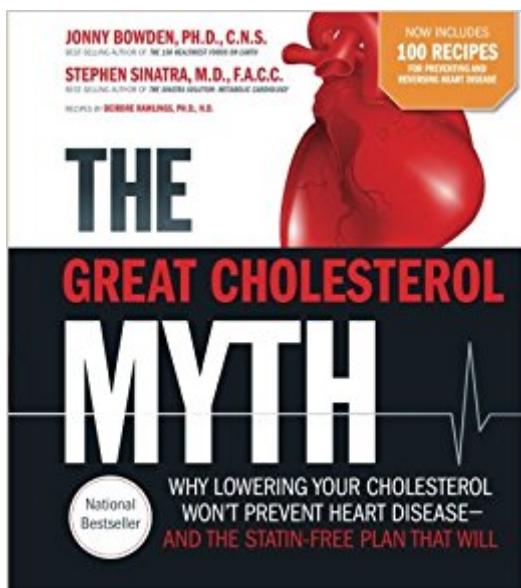


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# The Great Cholesterol Myth Now Includes 100 Recipes For Preventing And Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and The Statin-Free Plan That Will



## Synopsis

Get proven, evidence-based strategies from the experts with The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease. 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 Now Includes 100 Recipes for Preventing and Reversing Heart Disease reveals the real culprits of heart disease, including: Inflammation, Fibrinogen, Triglycerides, Homocysteine, Belly fat, Triglyceride to HCL ratios, High glycemic levels, and offers 100 recipes 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 Now Includes 100 Recipes for Preventing and Reversing Heart Disease. 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**

Jonny Bowden, Ph.D., C.N.S., (Woodland Hills, CA) also known as The Nutrition Myth Buster, is a nationally known, board-certified nutritionist and expert on diet and weight loss. He has appeared on the Dr. Oz Show, Fox News, CNN, MSNBC, ABC, NBC, and CBS and has contributed to articles in the New York Times, Forbes, the Daily Beast, Huffington Post, Vanity Fair Online, Men's Health, Prevention, and dozens of other print and online publications. He is a popular speaker who presents at both academic and consumer events all over the world. Dr. Jonny is the best-selling author of fifteen books, including The 150 Healthiest Foods on Earth, The Most Effective Natural Cures on Earth, The 150 Most Effective Ways to Boost Your Energy, The Most Effective Ways to Live Longer, The Healthiest Meals on Earth, Smart Fat (with Steven Masley, M.D.), and the controversial best-seller, The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Plan that Will (with cardiologist Stephen Sinatra, MD). Stephen Sinatra, M.D., is a board-certified cardiologist, educator, and author who created the Manchester, CT-based Heart MD Institute

([www.heartmdinstitute.com](http://www.heartmdinstitute.com)) as an educational platform focused on prevention and proactive lifestyle changes to live a healthier life. He is the author of Reverse Heart Disease Now, The Sinatra Solution, Lower Your Blood Pressure in Eight Weeks, and Heart Sense for Women. He has also contributed to several prestigious peer-reviewed medical journals, including the Journal of the American Medical Association (JAMA), Heart Disease, CT Medicine, and the Journal of Cardiopulmonary Rehabilitation. Deirdre Rawlings, Ph.D., N.D. is a naturopathic doctor, certified nutritionist, sports nutritionist and healthy-cooking coach. She holds a Ph.D. in holistic nutrition and a Master's in herbal medicine. She specializes in fibromyalgia, chronic fatigue syndrome, digestive challenges, food allergies, and immune rebalancing. She resides in Atlanta, GA. Visit her online at [www.foodsforfibromyalgia.com](http://www.foodsforfibromyalgia.com).

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 Â The Sinatra Solution: Metabolic CardiologyÂ andÂ 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.Â 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 aboutÂ The Sinatra Solution: Metabolic CardiologyÂ andÂ Lower Your Blood Pressure in Eight Weeks: A Revolutionary Program for a Longer, Healthier Life. We also foundÂ Reverse Heart Disease Now: Stop Deadly Cardiovascular Plaque Before It's Too LateÂ andÂ 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 HeartÂ 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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