

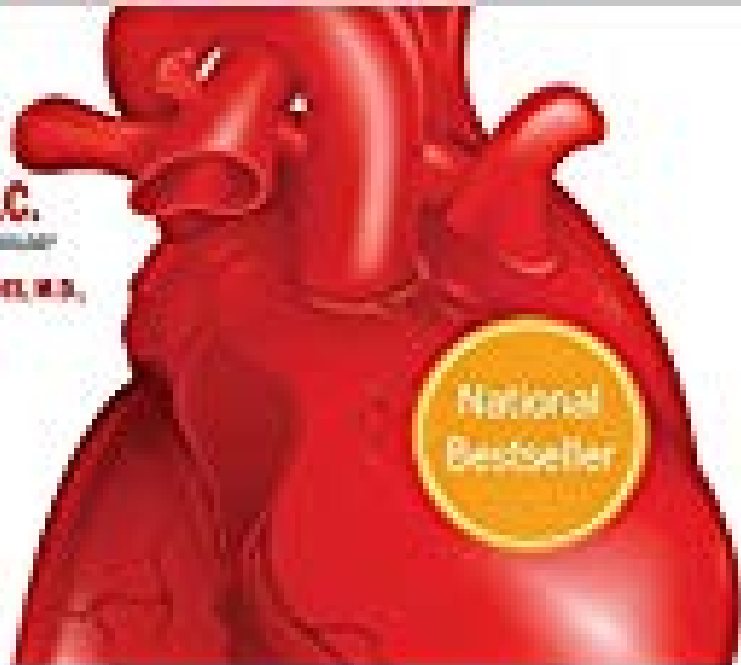
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# THE

# GREAT CHOLESTEROL

# MYTH



WHY LOWERING YOUR CHOLESTEROL  
WON'T PREVENT HEART DISEASE—  
AND THE STATIN-FREE PLAN THAT WILL

Jonny Bowden

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



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Heart disease is the #1 killer. However, traditional heart disease protocols--with their emphasis on lowering cholesterol--have it all wrong. Statin medications are of help in middle-aged men with coronary artery disease due to its impact on cholesterol. Fact-- Sugar is the foe in cardiovascular disease. D., and Stephen Sinatra, M. give visitors a 4-part strategy in line with the latest studies and clinical findings for effectively preventing, controlling, and reversing heart disease, concentrating on diet, exercise, health supplements, and stress and anger administration. Get proven, evidence-based strategies from professionals with The Great Cholesterol Myth. MYTHS VS. High cholesterol is the cause of cardiovascular disease. Myth--High cholesterol is a predictor of coronary attack. Also doctors at leading institutions have been misled for years based on innovative reporting of research outcomes from pharmaceutical businesses intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. There is absolutely no correlation between cholesterol and heart attack. Cholesterol causes heart disease. Myth--Cholesterol is only a theory in heart disease and only the tiny component of LP(a) or "Fact--There is no data showing that statins have a substantial effect on longevity. Higher cholesterol protects you from gastrointestinal disease, pulmonary disease and hemorrhagic stroke. Statins are extremely helpful in guys with low HDL and coronary artery disease. Fact--Statin medications can be hugely toxic including causing death. Myth--Statin drugs are of help in men, females and older people. Fact--Fat is harmful to your health. Myth-- Emerging science is proving that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for reducing it, such as ineffective low-fat/high-carb diet programs and serious, side-effect-causing statin medicines, obscure the real causes of heart disease. Reality--Statin medicines reduce swelling and improve blood viscosity (thinning bloodstream). Statin drugs are safe. FACTS Myth--Myth--Saturated excess fat is dangerous. Reality--Myth--The higher the cholesterol, the shorter the lifespan. Cholesterol is only a minor participant in the cascade of inflammation which is a cause of heart disease. Myth--The killer fats will be the trans fats from partially hydrogenated natural oils. Truth--Myth-- Myth--A high carbohydrate diet protects you from heart disease. Fact--Simple processed carbs and sugars predispose you to cardiovascular disease. Fact--Saturated fats aren't dangerous. Statin drugs do the best job in middle-aged males with coronary disease. Reality--Monounsaturated and saturated fats shield you from metabolic syndrome. THE FANTASTIC Cholesterol Myth reveals the true culprits of cardiovascular disease, including: Inflammation Fibrinogen Triglycerides Homocysteine Belly fat Triglyceride to HCL ratios High glycemic levels Bestselling health authors Jonny Bowden, Ph.D. There's very good (HDL) cholesterol and awful (LDL) cholesterol. This is over-simplistic. Truth-- You must fractionate LDL and HDL to assess the elements. Myth-- Fact--Lowering cholesterol with statin drugs will prolong your life. bb shot" LDL predisposes someone to oxidation and swelling. Myth--



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After reading this book and another one she bought she halted taking the Statin drugs totally. I told him about this publication and suggested that he go through it and didn't take the medicine. I am searching for a way to stop the progression of the disease therefore far nothing has worked. What is usually there to lose? On Jan. 28, 2015 I had a coronary calcium scan score of 196. This book really helped.!. 8, 2016 I did the coronary calcium scan check again. My scan score had soared to 352. In those 22 weeks my plaque burden provides increased dramatically. Updated - the only thing I would have changed would have been the new findings of particle numbers still being important like particle size, but also for the most part this book hit the newest advancements of cardiovascular testing. High likelihood of at least one significant coronary stenosis (>50% diameter). Kickstarted my decisions This kickstarted my decisions to actually research what my doctors were telling me, and come to the realization that thy don't will have the most current or accurate information. Right now this is actually the kicker. For the reason that whole time period the 120 total cholesterol reading with the LDL of 69 was the best reading I had by far. I had 7 bloodstream tests in that 22 month period screening cholesterol. 92 was the highest total cholesterol reading I experienced in any of those 7 follow up tests. In relation to LDL the closest I got to a 69 in those 7 readings was 50 with 4 of the 7 readings getting in the 30's. but I will definitely offer it. I do not claim to have an solution but Dr. Sinatra's reserve is worth picking up and reading. Cholesterol is not always the problem it is produced out to be. My doctors state it really is my genes and offer me no hope apart from an eventual stent if they catch it with time. That is an unsatisfactory solution but all I've. I have began to use the products Dr. Sinatra suggests. I picked this book up because I recently came to the conclusion, due to my very own encounter, that at least in my own case lowering cholesterol hasn't worked at all. I only give the book a rating of 4 superstars for who among us knows the answer to defeating this disease and We don't want to provide a 5 star rating to something that might contain some unrecognized mistake? I just know it is not always cholesterol. I began to drink food grade Diatomaceous Earth every day and in 2 weeks my LDL went down 20 points, so I educated the Dr. Why?1. This wasn't a sensationalized anti-statin book that went from anecdotes from choice practitioners. You must read this book. Sinatra (cardiologist) who picked apart the real evidence and place it in plain practical language." Most books will disregard the great things about statins but that one laid it out for both sides of the coin (good and bad). Most books don't consider the various trials, they simply say "statins are bad. Referencing the real trials made me give this reserve 5 stars because I am on the front-lines talking to other internists, family practitioners, and cardiologists and I need to know the specific information to be able to discuss why or why not an individual should be placed on a statin. This book goes into all of that, which I already knew, however the analogies and practicality helped me develop methods to speak about the topic much more clearly.2. Once you cross the calcium rating of 400 the rules say you have "Considerable plaque burden. It gives actionable tasks to lower your cardiovascular risk AT THIS TIME.3. Hell I believe all of my sufferers would benefit from scanning this reserve. Spencer Nadolsky(. Earlier this Nov. After reading it, I experienced my Dr. Obviously cholesterol has nothing in connection with what's clogging my arteries. She has taken several test and most of her veins are obvious and flowing at 100%. run other tests which were suggested in this publication to determine heart health. I could state this because I am surrounded by them. It really is true I promise. Dr. Unfortunately most wouldn't normally... She's off statin's and appearance fantastic. I purchased this reserve for my wife who was simply taking Statin medicines. Some days she experienced no energy and couldn't get off the couch. After she did some research she found that it had been the drug company who decided what the maximum

quantity of Cholesterol was required not a medical doctor. Experience Talks This is actually the second book I've read by Dr. She started on a vitamin regime and she feels 100% better. She is up each morning, she functions all day long, she is in an excellent disposition, where before she was sometimes reduced to tears by her depressive disorder. 4. Of course, the Dr. Her family members has a history of heart disease and high cholesterol but at 65 she's outlived her father and mother with no thought of slowing down. This is a must examine for anybody taking Staten medications and do not feel good. This book tells the import things you need to know about the hidden dangers & " At the rate of clogging I am presently on I am above 400 easily by summer. Cholesterol book Great info Essential read! 10 of that yr was 120 with the LDL becoming 69. What good could it be to be alive in the event that you feel like your lifeless. affects of medications to your body & what you really need to do to strengthen one's body & heart! ?? Eye opening information This will change all of the misinformation about chlorestrol levels and how the plain number will not tell the whole story. Doctors push statins a lot. I'll not really take statins, I get every side-effect listed in it. My total cholesterol on Jan. Five Stars Very informational book.) A must read for those who who has high cholesterol and is on Staten medicines. This is well-written by among the best authors Jonny Bowden along with Dr. It transformed my wife's existence. She's off statin's and appearance fantastic. Five Stars excellent book, good price Very informative and educational. It wouldn't surprise me if the Dr, invested in the medication he prescribed me. My LDL is normally a little bit high (over 200), but my HDL is certainly 102 and my triglycerides are 75, that is great. This can be a woman who experienced four heart bypass surgery, had a Stint inserted into her correct jugular vein, and then twelve stints inserted into her aorta and various other veins. tried to convince me that the LDL is definitely hereditary, but that is incorrect. So informative. Sinatra dealing with heart disease, an illness I have. A book my fellow physicians should read As a current family medicine resident physician who's interested in lifestyle before medications, I must say i loved this publication. that I will simply continue what I am carrying out. I am a Nurse and worked well as a Clinical Analysis Nurse Coordinator, so I am fully aware of the Pharmaceutical businesses being all about the money, and I was very outspoken relative to not being agreement making use of their methods. In order to understand the truth about Cholesterol, this is actually the book to read.. Reading and understanding this book will provide you with more information about cardiovascular disease than the average physician knows. They all returned as normal.



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