

CHOLESTEROL CLARITY

WHAT THE HDL IS WRONG
WITH MY NUMBERS?



Jimmy Moore
with **Eric C. Westman, MD**

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Illustrated by [illegible]

Jimmy Moore

Cholesterol Clarity: What The HDL Is Wrong With My Numbers?



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LDL, HDL, triglycerides, and other essential cholesterol markers—this critical information is broken down so that you can grasp what is really important and what is not. Very good news! That's just what Cholesterol Clarity is made to perform. Jimmy Moore, a prominent and extremely respected wellness blogger and podcaster, offers teamed up with Dr. Are you ready to find out what the HDL is certainly wrong with your numbers? If you're worried about any confusing medical jargon in this book, don't be—Not wish someone could simply spell it out in simple, easy-to-understand vocabulary and let you know what, if anything, you must do about your cholesterol? You won't find this sort of comprehensive, cutting-edge, expert-driven cholesterol information all in a single place anywhere else. Find out what the real thing is from a few of the leading specialists on the subject. Gets the answer to your "raised chlesterol" been to cut down on your saturated fat intake, eat more "healthy" whole grains and vegetable oils, and possibly also take a prescription drugs like a statin to lower it to "desirable" amounts? If so, then this is the book for you personally. Has your doctor told you your total and/or LDL cholesterol is too high and thus requires you to consider immediate action to lower it? really mean, nonetheless it will also arm you with nutritional guidance that may lead you to optimal wellbeing. Are you confused with what your cholesterol levels really say about your health? Not only will Cholesterol Clarity tell you what your cholesterol exams— Eric Westman, a practicing internist and nourishment researcher, to bring you one of the most unique books you'll ever read on this subject, featuring exclusive interviews with twenty-nine of the world's top professionals from various fields to give you the entire lowdown on cholesterol. Within the pages of the book you'll find out invaluable lessons, including: -Why your LDL-C and total cholesterol numbers might not be as important in determining your wellbeing as your doctor may think -The undeniable negative role that chronic inflammation performs in your health -Why cholesterol-lowering statin drugs don't necessarily solve your heart health concerns -Why your physician ought to be testing for LDL particles and particle size when measuring cholesterol -Why HDL and triglycerides are far more predictive of health issues than LDL-C and total cholesterol -Why consuming foods with saturated fat is good for you, and just why carbohydrate-based foods can be detrimental to achieving the best cholesterol numbers -Why an increasing number of physicians, experts, and nutritionists believe treating cholesterol numbers is virtually irrelevant

Contributing Experts Include: Cassie Bjork, RD Philip Blair, MD Jonny Bowden, PhD John Briffa, BSc, MB, BS Dominic D'Agostino, PhD William Davis, MD Thomas Dayspring, MD David Diamond, PhD Ron Ehrlich, BDS, FACNEM Jeffrey N. Gerber, MD David Gillespie Duane Graveline, MD Paul Jaminet, PhD Malcolm Kendrick, MD Ronald Krauss, MD Fred Kummerow, PhD Dwight C. Lundell, MD Robert Lustig, MD Chris Masterjohn, PhD Donald Miller, MD Rakesh "Rocky" Patel, MD Fred Pescatore, MD Uffe Ravnskov, MD, PhD Stephanie Seneff, PhD Cate Shanahan, MD Ken Sikaris, BSc, MBBS, FRCPA, FAACB, FFSc Patty Siri-Tarino, PhD Mark Sisson Gary Taubes



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We can't afford that.!. And doctors should recommend individuals read this reserve before deciding on a medicine to "fix" lots that may actually Not want to be fixed! Very informative and can help you not panic about your cholesterol figures like your doctor might. Consequently my figures dropped to 199 Total, 99 LDL. Jimmy problems the conventional wisdom we have been taught during the last 40+ years on the perfect diet. We were taught that animal fat is unhealthy, but humans didn't have access to many of the vegetable natural oils which are on the market today - until over 100 years ago. I instantly dropped 30 pounds and felt far better energy-wise, and simply overall honestly. I informed my doctor that I acquired changed my diet plan and dropped 30 pounds, although I didn't say it had been low-carb for fear he might reject that, and I asked him if I could stop taking Lipitor to discover if my diet plan and weight loss had any impact on my cholesterol quantities. He agreed to i want to give it a go, and after six weeks to be off Lipitor and feeling almost like my outdated self again, I acquired another cholesterol test; It really explains all of the craziness going on . I will need to have a couple of days on PubMed searching for all these articles therefore i have actual study data to back my decision. Luckily by this point, Cholesterol Clarity had been released, and I provided him a copy. A few weeks later on he apologized for informing to return on the statin, and he stated he had every purpose of telling nearly all his sufferers that they didn't need to consider a statin if indeed they didn't want to. He said he felt like he had been betrayed by all of what he was trained in medical college, and he was going to tell anyone who would listen about how exactly unnecessary and detrimental statin medications are. All this was because of Jimmy Moore's excellent reserve. Cholesterol Clarity is conserving lives, people! Bless you, Jimmy Moore! Will try to keep you posted.!. The data could be out there, but the book does not really help you locate the data they talk about. Since she never really had a higher cholesterol problem I decided to research the topic and ran across Jimmy's reserve and I am happy I did.. Thanks a lot Jimmy for the great research and documentation. Will it or will it not work? That's my question! Found that the book was informative and broke a hard topic down so the layman would understand it. Specifically for thos if us consuming keto and that have been mind washed by the everyday dr. I am so pleased to know the truth! And choose more natural treatments before putting these dangerous toxins called statins within your body!.Jimmy Moore is normally a saint! Will try this as a non-medicine alternative.!. **READ THIS BEFORE TAKING A STATIN FOR CHOLESTEROL** We was recently hospitalized after going for a Statin, Lipitor, for elevated cholesterol. After many exams and a liver biopsy, it was determined that I experienced a significant blow to my liver, that is a side effect my doctor under no circumstances mentioned. Five Stars Great book. I suggest reading this reserve Just before you blindly fill the Rx for a statin that your Dr will create as if on autopilot! Research and understand your medical ailments and make educated decisions. Both my cholesterol and triglycerides have skyrocketed and I can't consider statins because they wreck havoc on my liver. This reserve should be required reading for all doctors who experience compelled to simply treat a lab number. My doctor stated my numbers were terrible (329 Total, 237 LDL). Eye Opening and Life Changing I experience like I have already been lied to for years regarding my health insurance and how exactly to help myself. Time will tell if it will work for me personally, but what I am doing hasn't helped. I'll no longer just blindly go along with what my Dr says but I'll research to ensure what I am told is truth. Learned so much Plenty of repetition but an extremely informative book. A must go through for ketonians. He instantly place me on Lipitor 10mg. It's essential read if you're on the ketogenic diet plan. I always learn a lot from Jimmy Moore books. Worth buying It's an excellent read.. However, you should know that should you try and discuss any of this with most doctors you will end up fulfilled with contempt and distain. This book rocks !.well written

with lots of expert factors of view. My cardiologist's suggestions was to consider some new type of injection every other week that he indicated would cost \$15,000/yr....but in all honesty the useful content material within the book could have been written in 26 pages instead of 260....a bit repetitive with the experts saying a similar thing over and over Well worth a fresh viewpoint I must say i liked this reserve. It provided a fresh perspective on health queries. One of the challenges in the world is normally that we are different. People whose ancestry is definitely from equatorial climates with high developing seasons likely flourish off a different diet than those from northern climates with shorter growing seasons. However, during this time period on Lipitor I was miserable with muscle pain, fatigue, etc. He indicates solid evidence that you need to go beyond just medical care market saying "keep your cholesterol below 200". It really is an easy read and motivated me to dig deeper.I'll say, in case you are currently a convert to Jimmy's findings, you will discover the book a bit obvious.. A Great Help and Tool This book helped clarify and explain the myriad of tests and their reference ranges. I can now clarify my cardio markers extremely concisely. Good resource Easy read Fats are healthy I would encourage anyone with diabetes, and anyone who is overweight or obese. After performing research about what I possibly could possibly do to log off the statin, I came across Jimmy's site and followed a low-carb diet plan. And what causes cardiovascular disease is inflammation. It really explains all of the craziness going on about cholesterol and the BIG NUMBERS! Informative, but where is the actual research data? While this reserve contains a lot of information and talks about plenty of studies to back it up, you can find no actual references sited. This makes the book interesting, but also ineffective. If you trust all the details, want to guard your lab outcomes, and justify your refusal to consider statins; your physician will demand actual data. Since she never really had a high cholesterol problem I made a decision to research the topic and ran across Jimmy's reserve and I am glad I did so After my wife's stroke the doctors were demanding that she take Statin drugs to lessen her cholesterol. He insisted I resume Lipitor but I pointed out that, while my TC and LDL had been high, my HDL and Triglycerides were a stellar 66 and 61 respectively, but that didn't matter to him. Without that data, I am seen as a non-compliant patient who follows whimsical trends which are lifestyle threatening as opposed to an intelligent and well educated patient who is making a thoughtful and rational decision about my health care. It's time to take responsibility for my very own health insurance and do my component. Will try to consume as indicated in the publication. Now, I started taking a more active role in understanding just what cholesterol does and after reading this book, realized, I actually do not want the statin drug that actually triggered my liver enzymes to skyrocket and made me sick for months!. this time my numbers were actually higher: 343 Total, 261 LDL. Remember this is certainly geared toward people who are indoctrinated in to the "eat plenty of grains and prevent fats" approach that I learned for my whole formative years. A few years ago We had my first cholesterol test at age 39. This book rocks !. Cholesterol and triglycerides are needed for many functions and if we don't eat enough, your body produces it. Mostly Harmless Having observed that fat and cholesterol aren't in the least related, I wanted for more information from a third party perspective. The author does an excellent work explaining in laymen's terms the way the pseudo-research behind cholesterol is really meant to promote drugs and not health.



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