



## **The Great Cholesterol Myth**

*Why lowering your cholesterol won't prevent heart disease*

This new book explains that there is no link between your blood cholesterol and heart disease and details the main cause of heart disease and what you can do to prevent it. Heart disease is the No.1 killer of men and women in Australia.

The book by best selling health authors, Jonny Bowden and Stephen Sinatra, reveals the shoddy science that began and has perpetuated the myths that cholesterol and saturated fat are a direct path to heart disease and that harmful statin drugs will prolong your life. They point out the true culprits of heart disease – insulin resistance, inflammation, sugar, wheat and high carb diets full of processed foods – and show the supporting research.

The cholesterol myth is one of the most outstanding marketing campaigns in the last 50 years. The medical profession and pharmaceutical companies are doing extremely well out of it. If you are taking statins to reduce cholesterol you need to stop. If you are having a cholesterol blood test twice a year, don't waste your time and money. More appropriate blood tests are the markers that indicate insulin resistance, abnormal inflammation, glucose and triglyceride levels. They are listed in Chapter 9.

If you are over 50 and even if you do not have any symptoms, the first test you should have is a Coronary Calcium Scan. It is a simple non-invasive 10 minute test to measure the amount of calcium you have in your coronary arteries and around your heart. Arterial plaque consists of 50% calcium.

The main role of cholesterol is to repair inflammation in your blood vessels. Blaming it for heart disease is like blaming the firemen for causing a house fire. There are a lot of them around but they are only there to put out the fire!

This remarkable book will revolutionise the way in which heart disease is prevented, detected and treated. There are 20 pages of references to current unbiased medical studies. The latest edition includes 100 healthy recipes for preventing and reversing the disease. It is available from most online bookstores – although it has sold out on some! For an interesting discussion by Jonny Bowden watch 'The Great Cholesterol Myth' video on YouTube.

Reading and following the recommendations in this book may just save your life! Once you have read it pass it on to your doctor.