

## The Great Cholesterol Con

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### The Great Cholesterol Con

"The Great Cholesterol Con" debunks our assumptions on what constitutes a healthy lifestyle and diet. It is the invaluable guide for anyone who thought there was a miracle cure for heart disease, an appeal to common sense and a controversial and fascinating breakthrough that will set dynamite under the whole area.

### The Great Cholesterol Con | Dr. Malcolm Kendrick

The Great Cholesterol Con book. Read 69 reviews from the world's largest community for readers. Rubbishing the diet-heart hypothesis, in which clinical t...

### The Great Cholesterol Con: The Truth About What Really

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Clearly and comprehensively debunking assumptions on what

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constitute a healthy lifestyle and diet, "The Great Cholesterol Con" is the accessible, indispensable and absorbing case against statins and for a more common-sense approach to heart disease and general wellbeing.

### **The Great Cholesterol Con: The Truth About What Really**

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The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It [Malcolm Kendrick] on Amazon.com. \*FREE\* shipping on qualifying offers. The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It

### **The Great Cholesterol Con: The Truth About What Really**

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With clarity and wit, "The Great Cholesterol Con" debunks our assumptions on what constitutes a healthy lifestyle and diet. It is the invaluable guide for anyone who thought there was a miracle cure for heart disease, an appeal to common sense and a controversial and fascinating breakthrough that will set dynamite under the whole area.

### **The Great Cholesterol Con: The Truth About What Really**

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Buy The Great Cholesterol Con: The Truth about What Really Causes Heart Disease and How to Avoid It Illustrated by Dr Malcolm Kendrick (ISBN: 9781844546107) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

### **The Great Cholesterol Con: The Truth about What Really**

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In today's episode of Enduring Health, Dr Shan interviews medical expert and author of 'The Great Cholesterol Con' and 'A Statin Nation', Dr Malcolm Kendrick. Dr Kendrick lives by the philosophy of enjoy life, enjoy friends and family, do a bit of exercise, and don't worry too much. Hear about the main factors that can contribute to heart disease and cardiovascular disease and the ...

### **The Great Cholesterol Con and How To Really Avoid Heart**

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The notion that cholesterol and saturated fat cause heart disease is one of the most fundamental tenets of modern medicine. It is also completely false. In *The Great Cholesterol Con* you will learn that: Heart disease is not caused by saturated fat nor elevated blood cholesterol; People with low cholesterol levels live shorter lives;

## **The Great Cholesterol Con: Colpo, Anthony: 8601410074166 ...**

At first sight, I wasn't interested in the book. There are so many similar books I thought: *The Cholesterol Myths* by Uffe Ravnskov, *The Great Cholesterol Con* by Malcolm Kendrick, *The Great Cholesterol Con* by Antonio Colpo and *The Great Cholesterol Lie* by Dwight Lundell. Sounds pretty boring.

## **Exploring "The Great Cholesterol Myth" - Doc's Opinion**

*The Great Cholesterol Con* book. Read 11 reviews from the world's largest community for readers. heart disease, cholesterol, saturated fat, fat,

## **The Great Cholesterol Con by Anthony Colpo**

*The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It* Paperback - Illustrated, Oct. 1 2008 by Dr. Malcolm Kendrick (Author) 4.6 out of 5 stars 724 ratings

## **The Great Cholesterol Con: The Truth About What Really**

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Dr Malcolm Kendrick, GP and author of *The Great Cholesterol Con* 'A highly readable, smart and well-reasoned book based on the latest generation of rigorous science' Nina Teicholz, author of *The Big Fat Surprise*, and Adjunct Professor, New York University Recent research has shown that a diet that is very low in carbs and high in good fats is effective for weight loss, can counteract many ...

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Yes, I believe that people are being conned, and I believe the public are being deliberately misled. That is why I called my first

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book The Great Cholesterol Con. I would point out that there has been one major placebo controlled double blind statin study done. ALLHAT-LLT, which was funded by the National Institutes of Health in the US.

### **Cholesterol & Statins | Dr. Malcolm Kendrick**

In "The Great Cholesterol Con" you will learn that: Heart disease is not caused by saturated fat nor elevated blood cholesterol; People with low cholesterol levels live shorter lives; Populations consuming high saturated fat diets often enjoy very low rates of heart disease; Many dietary recommendations made by 'experts' to reduce heart disease have actually been shown in animal and human ...

### **The Great Cholesterol Con: Amazon.co.uk: Colpo, Anthony**

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The "Great Cholesterol Myth" has been the foundation of the boneheaded dietary advice you and I have been saddled with for the past 30 years, "official" dietary advice that has directly contributed to the greatest epidemic of obesity, diabetes and heart disease in history.

### **The Great Cholesterol Myth | HuffPost Life**

The Great Cholesterol Con sticks its hand in the air and yells 'The Cholesterol Hypothesis is not wearing any clothes.' Then runs like mad, whilst the great and the good, the powerful, the pharmaceutical companies the opinion leaders in cardiology give chase. For they all have much to lose.

### **The Great Cholesterol Con | Spacedoc.com**

Great Cholesterol Con by Malcolm Kendrick, 9781844546107, available at Book Depository with free delivery worldwide. Great Cholesterol Con : Malcolm Kendrick : 9781844546107 We use cookies to give you the best possible experience.

### **Great Cholesterol Con : Malcolm Kendrick : 9781844546107**

The Great Cholesterol Con ... That's because some cholesterol particles will stay soluble in your blood (and so remain harmless) while others tend to cause cholesterol plaques, which narrow

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your arteries. The most dangerous of this last kind is a lipoprotein called Lp(a).

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