

Fat And Cholesterol Are Good For You - Uffe Ravnskov

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Did you know? ...that cholesterol is not a deadly poison, but a substance vital to the cells of all mammals? ...that your body produces three to four times more cholesterol than you eat? ...that this production increases when you eat only small amounts of cholesterol and decreases when you eat large amounts? ...that heart patients haven't eaten more saturated fat than other people? ...that stroke patients have eaten less? ...that people with low cholesterol become just as atherosclerotic as people with high? ...that high cholesterol is not a risk factor for women? ...that high cholesterol is not a risk factor for people above age 65 although by far most heart attacks occur after that age? ...that the effect on cholesterol of the low-fat diet is trivial at most? ...that the only effective way to lower cholesterol is with drugs? ...that many of the cholesterol-lowering drugs are dangerous to your health and may shorten your life? ...that the new cholesterol-lowering drugs, called statins, do lower heart-disease mortality, but this is because of effects other than cholesterol lowering? Unfortunately, they also may destroy your muscles and your mind, make you impotent and produce cancer. ...that most of these facts have been presented in scientific journals and books for decades but that proponents of the diet-heart hypothesis never tell them to the public? ...that the cholesterol campaign creates immense prosperity for researchers, doctors, medical journals, drug producers and the food industry? Contents Foreword by Paul Rosch Foreword by Kilmer McCully Foreword by Joel Kauffman Author's Foreword Introduction Cholesterol and your vessels What Good Cholesterol Does Saturated Fat Has Nothing To Do With Cholesterol Saturated fat is good How to silence an opponent The high-carbohydrate diet - a catastrophe for diabetics Cholesterol And Your Heart 'Bad' cholesterol Triglycerides 'The most exact data base' - the screeners of MRFIT The Dangers Of Lowering Cholesterol Dr. Ornish and the Lifestyle Heart Trial The Harm That Statins Do Those who pay The Many Critical Voices The Real Cause What Shall I Do To Avoid A Heart Attack? Epilogue Acknowledgements Index

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