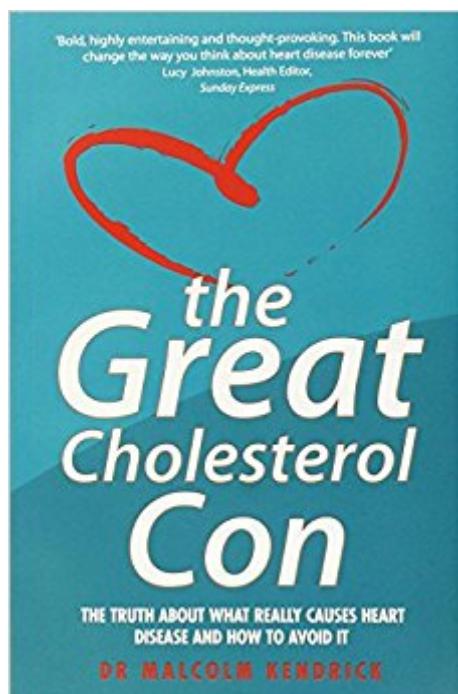


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# The Great Cholesterol Con: The Truth About What Really Causes Heart Disease And How To Avoid It



## Synopsis

Statins are the so-called "wonder drugs" widely prescribed to lower blood cholesterol levels that claim to offer unparalleled protection against heart disease. Many experts claim that they are completely safe and that they are also capable of preventing a whole series of other conditions. This groundbreaking study exposes the truth behind the hype surrounding statins and reveals a number of crucial facts, including that high cholesterol levels do not cause heart disease; that high-fat diets&#151;saturated or otherwise&#151;do not affect blood cholesterol levels; and that for most men and all women the benefits offered by statins are negligible at best. Other data is also provided that shows that statins have many more side affects than is often acknowledged. This hard-hitting survey also points a finger at the powerful pharmaceutical industry and an unquestioning medical profession as perpetrators of the largely facetious concepts of &#147;goodâ • and &#147;badâ • cholesterol that are designed to convince millions of people to spend billions on statins. With clarity and wit, this appeal to common sense and scientific fact debunks common assumptions on what constitutes a healthy lifestyle and diet, as well as the idea that there is a miracle cure for heart disease.

## Book Information

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## Customer Reviews

"[The Great Cholesterol Con] will save you a lot of heartache&#151;LITERALLY!"Â Â &#151;Examiner.com

Dr. Malcolm Kendrick has contributed to numerous medical journals on the topic of coronary heart disease and currently runs a general practice.

As a person who has stuck to a low-fat diet and exercise to try to lower my cholesterol, only to see it rise dramatically instead, I had a keen interest in reading this book. Although it does tend to be highly technical, parts of it above my head even though Dr. Kendrick made a wholehearted attempt to explain it, I thought it was a terrific book. Most of what he says appealed to my sense of logic. Why did my cholesterol go up on a very low-fat diet? It did; I saw that first-hand. Maybe because I was eating more carbohydrates, which Dr. Kendrick says is more likely to raise cholesterol levels than fat. Not that high cholesterol is bad. People ask why doctors would push statins in they didn't believe in them -- I would say, for the same reason they pushed estrogen replacement therapy. Partly a herd mentality. Besides, you have to do what the AMA says because if you don't, and something goes wrong, you can be sued. If you follow the AMA and write down in the patient's record that you did, then you have a defense. Turning the AMA is like turning a very big, old ship. Even the establishment now concurs that high cholesterol is not a factor for heart disease in women over 65. My doctor has stopped pushing me to take statins, now that I'm getting older. A different doctor got downright mean with me because I refused hormone replacement therapy years ago. But she was wrong, wrong, wrong, wrong, and common sense was right. According to the book, statins can and do act as a blood thinner (anti-clotting agent), just like aspirin, they just cost a lot more. The stress effect on the HPA-axis makes a lot of sense to me. The establishment seems to be leaning that way also because now, even on medical websites, the emphasis is toward Metabolic Syndrome, rather than cholesterol. I intend to continue to follow a sensible diet (not as low-fat as I did) and exercise and relaxing my response to stress. But I think I will completely stop worrying about cholesterol. Once the veil is completely lifted, health care costs will drop a whole lot, I expect. We're wasting tons of money on testing for cholesterol and buying statins. When you've got a few people making billions of dollars and becoming filthy rich, somebody needs to ask some questions.

As a nutrition major, I take seriously how the subject is discussed by critics, the media, and students alike. Needless to say, this is one of the more controversial topics within the field, and Kendrick presents the information poignantly and with a quick wit. I won't go into my thoughts on the controversy; I think there are valid points to both sides but it is important to be informed and this book packs so much information in 300 pages it's enough to make you feel like an expert. I recommend this book for the student and the layperson to better understand this small aspect of

nutrition. Cholesterol is a poorly understood and often bullied nutrient and it's nice to see someone lay out a good defense.

I have been taking statins you years, not because I had heart disease but because my cholesterol was high! Statins sapped my energy ... not taking them for several periods had the opposite effect. This is a compelling read. Warning -don't try to discuss the book with your doctor or pharmacist!

An excellent book, that takes you through the evidence that supports or contradicts the theory that high cholesterol levels cause heart disease. Dr. Kendrick writes in a way that is easily accessible to laymen, not to mention witty and irreverent. He shows how evidence that does not support the cholesterol hypothesis is ignored, swept under the rug, declared a "paradox", or even cited as support! If you are interested in heart disease, or if you just want to be informed on how medicine is corrupted and very not infallible, this is a good book that will open your eyes!

Well documented informative read for anyone, but particularly if you have been frightened by big Pharma into believing your well being depends on your cholesterol levels. It is unconscienable to think that many docs have just bought into this because it is the prevailing dogma. These days it is critical to be informed, do your own investigation and question any number of medical recommendations. Sadly many very good doctors have been unduly influenced by the drug reps and outcome dictated, biased drug trials. Dr. Kendrick presents the facts, comments (often with humor), and you decide. *Doctoring Data*, his newer book is really excellent.

Bravo, Dr. Kendrick, for speaking the unspeakable. Science has its head in the sand at the expense of many millions of people. How arrogant to assume that because "stress" can't be precisely measured, therefore it doesn't count. Actually, the stress response is one of the most complex processes underlying marriage, family, work and social relationships of all kinds. As a long-time mental health professional I can anecdotally confirm the impact of stress -- and, yes, the mind and body are inexorably connected despite what some think. This is a fabulous book. I can't recommend it more highly.

Ran across this book when I was doing research because my doctor just doubled my Lipitor dose. Thought there was no way the author was going to convince me that cholesterol was not The cause of heart disease. He analyzed the actual studies to make his case and i could see for myself. Big

relief not to worry so much about cholesterol levels. I worked at pharmacies in hospitals for about ten years and know that doctors are fallible and subject to peer pressure like all of us. And pharmaceutical profits are a big influence. Surprisingly entertaining and informative book.

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