



The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It

Malcolm Kendrick

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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—saturated or otherwise—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 "good" and "bad" 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.

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