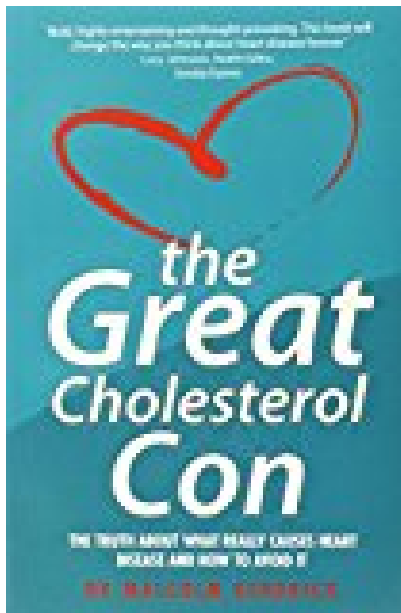


The Great Cholesterol Con The Truth About What Really Causes Heart Disease and How to Avoid It



BOOK DETAILS

- Author : Malcolm Kendrick
- Pages : 238 Pages
- Publisher : John Blake
- Language : English
- ISBN : 1844546101



BOOK SYNOPSIS

• Believed to be completely safe and capable of preventing a whole series of other conditions statins have become the most profitable drug in the history of medicine. • Generally prescribed to lower blood cholesterol levels the pharmaceutical industry and medical profession champion the concept of 'good' and 'bad' cholesterol convincing millions to turn unnecessarily to statins. • This book takes a look at the clinical 'proof' that links high cholesterol with heart disease and debunks the assumptions on what constitutes a healthy lifestyle and diet. • Dr Kendrick provides an accessible, indispensable case against the use of statins and a more common-sense approach to heart disease and general wellbeing.

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