

The Cholesterol Delusion

The Cholesterol Delusion Monkeys, Myths, and Molecules Challenging Beliefs A Grain of Salt Powerful Cancer-Fighting Foods Dr. Hip's Natural Food & Unnatural Acts Coronaries Cholesterol Know Your Nutrition For a Better Nutrition in the 21st Century Beta-Blockers in the Treatment of Hypertension in the 90s Coronary Heart Disease Saturated Fat May Save Your Life The Cholesterol Myths The New Republic Japan Pharmaceutical Reference The Lipid Hypothesis of Atherogenesis Supernut and Healthy Heart The Publishers Weekly PDR Nurse's Drug Handbook Cardiology Ernest N. Curtis Joe Schwarcz Tim Noakes Dr. Joe Schwarcz Pauline White Eugene Schoenfeld Jim Price Linda Clark Peter Leathwood K. [?] nen Henry I. Russek Bruce Fife Uffe Ravnskov Herbert David Croly William E. Stebbens Richard A. Passwater George Spratto

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approximately one half of the adult population of the united states are being told that they harbor within their bodies a silent killer this killer is cholesterol millions are prescribed cholesterol lowering drugs making these pills the most prescribed and most profitable medications in the history of american medicine they are told that these drugs will protect them from the ravages of heart disease this is patently untrue and can be easily demonstrated by critical analysis of the data presented in the very medical studies that purport to show their benefit the cholesterol mania that has gripped the country and dominated mainstream medical thought for the past 40 years is based on widespread acceptance of a set of closely related theories variously called the cholesterol theory the lipid hypothesis or the diet heart theory the cholesterol delusion systematically refutes these prevailing theories that link diet and blood cholesterol levels to coronary heart disease and heart attacks the cholesterol delusion traces the development of these theories from their origins and shows that each step in their evolution was based on faulty evidence and unscientific reasoning the book then takes it one step further and attacks the very foundation of the risk factor paradigm that has dominated cardiovascular research in particular and much of medical research in general for the past 50 years written in plain language for the intelligent layman the arguments are presented in a way that can be easily understood by readers with a limited medical or technical background the cholesterol delusion is must reading for anyone that has been told they have elevated cholesterol levels and or must take medication to lower them

the bestselling popular science author has made it his mission to tackle myths about science and the so called experts who spread them cbc radio the internet is a powerful beast when it comes to science the answer to any query you may have is just a few keystrokes away but when there are multiple answers from various sources how do we know what information is reliable in monkeys myths and molecules bestselling author dr joe schwarcz takes a critical look at how facts are misconstrued in the media he debunks the myths surrounding canned food artificial dyes spf homeopathy cancer

chemicals and much more unafraid to expose the sheer nonsense people are led to believe about health food drugs and our environment dr joe confronts pseudoscience and convincingly and entertainingly advocates for a scientific approach to everyday life a compendium of short articles on a variety of subjects written in a humorous accessible style and larded with intriguing trivia dr joe skewers food myths opposition to gmos dr oz and vani hari aka the food babe science based medicine ultimately the author successfully demonstrates how claims should be queried and analyzed before they are accepted recommended for readers of health nutrition and popular science library journal the book is chock full of captivating anecdotes the author engages readers with his wit and wisdom the canadian jewish news

tim noakes is one of the world s leading authorities on the science behind sport and a successful sportsman in his own right through a lifetime of research he has developed key scientific concepts in sport that have not only redefined the way elite athletes and teams approach their professions but challenged conventional global thinking in these areas in this new and updated edition of challenging beliefs noakes shares his views on everything from the myths perpetuated by the sports drink industry to the prevalence of banned substances the need to make rugby a safer sport and the benefits of a high protein low carb diet the teams and athletes with whom noakes has worked make fascinating backdrops to these topics highlighting the importance of science in sport in human terms in providing an intimate look at the golden threads running through noakes s life and career this remarkable book reveals the landmark theories and principles generated by one of the greatest minds in the history of sports science

bestselling popular science author dr joe schwarcz debunks the baloney and serves up the raw facts in this appetizing collection about the things we eat eating has become a confusing experience should we follow a keto diet is sugar the next tobacco does fermented cabbage juice cure disease are lectins toxic is drinking poppy seed tea risky what s with probiotics can packaging contaminate food should our nuts be activated what is cockroach milk we all have questions and dr joe schwarcz has the answers some of which will astonish you guaranteed to satisfy your hunger for palatable and relevant scientific information dr joe separates fact from fiction in this collection of new and updated articles about what to eat what not to eat and how to recognize the scientific basis of food chemistry

there has got to be something better than this after seeing her father suffer through a seemingly endless number of x rays operations chemotherapy and radiation for his cancer all to no avail he eventually passed away still in shock from what she had witnessed and in disbelief that harsh pharmaceutical medications were the only way author pauline white looked for another answer then what began as a quest to find natural alternatives to treat this dreaded disease the information that she discovered grew into a broader understanding of how the body works and what natural foods can be used to enhance the body s own immune system in combating cancer which is reversible this sourcebook is not only for people who are fighting cancer but for people plagued with many other maladies it contains useful suggestions on how to prepare foods for the highest nutritional benefit the ideas and suggestions can be tailored to an individual s personal health and dietary needs today many people believe that if they pop a multivitamin then they are getting all the nutrition they need this notion couldn t be further from the truth and assumes that human beings know exactly what nutrients should be distilled for use yet there is a better way the author describes impressive scientific discoveries that reveal new hidden benefits in natural whole food products she also delves into remarkable recent research regarding the role of cancer stem cells in the spread of cancer in the body powerful cancer fighting foods is written simple enough for the layman but impressive enough for the dietary professional covering a wide array of beneficial elements in food that most readers will have been unaware of

a highly qualified doctor and scientist analyzes the studies used to justify the cholesterol hypothesis and demonstrates that the idea that animal fats and cholesterol cause heart disease is based on flimsy even fraudulent evidence and wishful thinking includes a discussion on the dangers of vegetable oils and cholesterol lowering drugs

provides the rational and scientific basis for discussion and evaluation of the lipid hypothesis the dominant but still contended theory of the etiology of atherosclerosis the volume is divided into seven chapters the genesis of the lipid hypothesis and terminology the pathology of atherosclerosis and experimental atherosclerosis basic scientific precepts in the epidemiology of coronary heart disease and atherosclerosis diagnostic error and the validity of vital statistics lipids and cholesterol in the lipid hypothesis risk factors prediction clinical trials and regression of atherosclerosis and epidemiology atherogenesis and the future from the verso of the title page submitted june 1993 published august 1993 annotation c by book news inc portland or

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