

The Cholesterol Delusion

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Dr. Hip's Natural Food & Unnatural Acts
Coronaries Cholesterol Know Your Nutrition
Coronary Heart Disease
Saturated Fat May Save Your Life
For a Better Nutrition in the 21st Century
The New Republic
Beta-Blockers in the Treatment of Hypertension in the 90s
Supernut and Healthy Heart
Japan Pharmaceutical Reference
The Lipid Hypothesis of Atherogenesis
PDR Nurse's Drug Handbook
Bodyscopes
Newsweek
The Publishers Weekly
The Poultry Farmer
The American Journal of Psychiatry
Risk Factors for Cardiovascular Disease in Non-smokers
Consumers' Research Magazine
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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

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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