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Cholesterol Myth: The Real Truth about Cholesterol They Don t Want You to Know.

By Joshua Collins

Successtrax Publishing, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. What Do Your Cholesterol Numbers Really Mean? Don t You Want To Know The Truth About cholesterol And Heart Disease? Joshua Collins, a respected author in the health and nutritional field, wrote this book to expose the truth about Cholesterol. After reading this book you will know what you can do to improve your overall health and specifically your heart health. In the late 1970s the conspiracy against cholesterol began and slowly the naturally occurring fat in our foods were replaced with refined sugar. This shift in our food eating patterns has fattened our society and wreaked havoc with our biochemistry, particularly our cholesterol and blood sugar levels. What The Author Reveals Within The Pages Of This Book: - The truth about cholesterol numbers and their relation to heart disease - Why your LDL and total cholesterol numbers by themselves are poor indicators of your overall health - Critical information you need to know about inflammation and its role in heart disease - The truth about saturated Fats and their relation to heart disease and weight loss...



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