



The Great Cholesterol Con

Anthony Colpo

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The notion that cholesterol and saturated fat cause heart disease is one of the most fundamental tenets of modern medicine. It is also completely false. In *The Great Cholesterol Con* you will learn that:

- Heart disease is not caused by saturated fat nor elevated blood cholesterol;
- People with low cholesterol levels live shorter lives;
- Populations consuming high saturated fat diets often enjoy very low rates of heart disease;
- Many dietary recommendations made by 'experts' to reduce heart disease have actually been shown in animal and human studies to increase heart disease, cancer, diabetes and obesity;
- The primary force behind the anti-cholesterol paradigm is not public health, but profit!

This meticulously researched book mercilessly demolishes what may well be the biggest and most successful scam in the history of medicine. Most importantly, you'll discover what really promotes heart disease and what you can do to prevent it!

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