

The Cholesterol Delusion

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The Cholesterol Delusion

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.

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The Cholesterol Delusion Mainstream medicine divides the cholesterol in the human body into 'good' and 'bad'. The 'good' can stay, but the 'bad' has to be dealt with, its levels reduced using pharmaceuticals.

The Cholesterol Delusion - Facts are Facts

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A delusion is a false belief held with conviction despite incontrovertible evidence to the contrary. In the medical field no delusion has had wider acceptance and a longer run than the belief that cholesterol levels in the blood are a major factor in the causation of atherosclerosis and its two chief complications - heart attack and stroke.

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There are many zingers in The Cholesterol Delusion, and here are a few examples: The Cholesterol Theory is a near-perfect medical analog of the Emperor's New Clothes. When examined closely, there is nothing there. Victims of heart attacks have cholesterol levels evenly distributed throughout the range of values.

The Cholesterol Delusion - Shaw's Eco-Logic

The Cholesterol Delusion - part 2 of 2 by Ernest N. Curtis M.D. (Internal Medicine and Cardiology) Running almost concurrently with the MR.FIT study was a clinical trial that would come to be seen as the one that provided the definitive proof of the Cholesterol Theory.

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The purpose of my book, The Cholesterol Delusion, is to inform that sizeable portion of the population that are told their cholesterol is too high that they are being sold a bill of goods. The initial chapters describe the processes of atherosclerosis and heart disease in plain language that can be easily understood by those without a medical or technical background.

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The Cholesterol Delusion systematically refutes prevailing theories that link diet and blood cholesterol levels to coronary heart disease and heart attacks. The Cholesterol Delusion by Dr. Curtis is a scientific, common-sense approach to a healthy lifestyle – not just for the heart.

The Cholesterol Delusion by Ernest N. Curtis

The Cholesterol Delusion - part 2 of 2. by Ernest N. Curtis M.D. (Internal Medicine and Cardiology) Running almost concurrently with the MR.FIT study was a clinical trial that would come to be seen as the one that provided the definitive proof of the Cholesterol Theory. The Lipid Research Clinics Coronary Primary Prevention Trial (LRC-CPPT) screened about half a million healthy middle-aged men and selected about 3800 with the highest cholesterol levels.

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