

# The Extraordinary Discovery That Finally Laid The Cholesterol Myth To Rest



## The Heart Revolution: The Extraordinary Discovery That Finally Laid the Cholesterol Myth to Rest

★★★★☆ 4.4 out of 5

Language : English  
File size : 1650 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 290 pages



For decades, the medical establishment has insisted that high cholesterol is a major cause of heart disease. But new research has finally laid this myth to rest.

In his groundbreaking book, *The Extraordinary Discovery That Finally Laid The Cholesterol Myth To Rest*, Dr. Stephen Sinatra reveals the truth about cholesterol and heart health. He explains that cholesterol is not the enemy, but rather an essential nutrient that our bodies need to function properly.

Dr. Sinatra's research shows that the real cause of heart disease is inflammation. Inflammation can damage the arteries and lead to plaque buildup, which can narrow the arteries and restrict blood flow to the heart. High cholesterol levels are not a cause of inflammation, but rather a symptom of it.

Dr. Sinatra's book is a must-read for anyone who wants to learn the truth about cholesterol and heart health. He provides a wealth of information on the latest research, and he offers practical advice on how to reduce inflammation and improve heart health.

## **What is cholesterol?**

Cholesterol is a type of fat that is found in all cells of the body. It is essential for many bodily functions, including hormone production, vitamin D synthesis, and cell membrane formation.

Cholesterol is not inherently good or bad. It is only when cholesterol levels become too high that it can become a problem.

## **The cholesterol myth**

For decades, the medical establishment has insisted that high cholesterol is a major cause of heart disease. This belief was based on the observation that people with high cholesterol levels are more likely to develop heart disease. However, correlation does not equal causation.

New research has shown that high cholesterol levels are not a cause of heart disease, but rather a symptom of it. The real cause of heart disease is inflammation.

## **Inflammation and heart disease**

Inflammation is a natural response to injury or infection. However, when inflammation becomes chronic, it can damage the arteries and lead to plaque buildup. This can narrow the arteries and restrict blood flow to the heart.

High cholesterol levels are not a cause of inflammation, but rather a symptom of it. When the arteries become inflamed, they produce more cholesterol in an attempt to protect themselves from further damage.

## How to reduce inflammation and improve heart health

There are many things you can do to reduce inflammation and improve heart health, including:

- \* Eating a healthy diet rich in fruits, vegetables, and whole grains \*
- Exercising regularly \*
- Maintaining a healthy weight \*
- Getting enough sleep \*
- Managing stress \*
- Avoiding smoking

If you have high cholesterol levels, talk to your doctor about whether medication is right for you.

The cholesterol myth has been debunked. High cholesterol levels are not a cause of heart disease, but rather a symptom of it. The real cause of heart disease is inflammation.

By reducing inflammation, you can improve heart health and reduce your risk of heart disease.



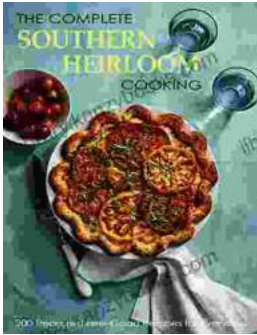
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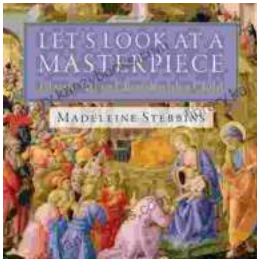
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