

heart health dr dwight lundell the great cholesterol lie

****Heart Health Dr Dwight Lundell The Great Cholesterol Lie: Rethinking What We Know****

heart health dr dwight lundell the great cholesterol lie is a phrase that's been gaining attention among those looking to understand the real story behind heart disease and cholesterol. Dr. Dwight Lundell, a well-respected cardiologist, challenges conventional wisdom about cholesterol's role in heart health, sparking conversations that question longstanding dietary guidelines and pharmaceutical approaches. If you've ever wondered why heart disease remains so prevalent despite widespread use of cholesterol-lowering medications, his insights might offer a fresh perspective.

Who Is Dr. Dwight Lundell and Why His Views Matter

Dr. Dwight Lundell isn't just any cardiologist; he's a former chief of staff and chief of surgery at a major hospital. His professional background gives weight to his opinions on heart health. After decades of practicing medicine and performing thousands of surgeries on patients with heart disease, Dr. Lundell began to question the root causes of cardiovascular problems. His experiences led him to believe that the traditional focus on cholesterol as the primary culprit might be misguided or, at best, overly simplistic.

Unlike many mainstream voices, Dr. Lundell emphasizes inflammation rather than cholesterol as the real enemy when it comes to heart disease. This idea upends decades of health advice that centered on reducing cholesterol intake and using statin drugs to lower blood cholesterol levels.

The Great Cholesterol Lie Explained

What Is the "Great Cholesterol Lie"?

The "great cholesterol lie" refers to the widespread belief that high cholesterol is the main cause of heart disease. For years, health authorities have promoted the idea that lowering cholesterol, especially low-density lipoprotein (LDL) cholesterol, is essential to preventing heart attacks and strokes. However, Dr. Lundell argues this narrative oversimplifies a complex condition and diverts attention from more significant factors.

According to Lundell, cholesterol is not the enemy but rather a vital substance in the body. It serves important functions such as building cell membranes, producing hormones, and aiding in the formation of vitamin D. The real problem, he suggests, is chronic inflammation in the arteries, which damages the lining of blood vessels and leads to heart disease.

Inflammation: The Hidden Culprit

Inflammation is the immune system's natural response to injury or infection, but when it becomes chronic, it can wreak havoc on the cardiovascular system. Dr. Lundell points out that factors like poor diet, stress, smoking, and pollution contribute to ongoing inflammation in the arteries, making them more susceptible to damage and plaque buildup.

This damage triggers the body to send cholesterol to the affected areas to repair the injury, which is why cholesterol is often found in arterial plaques. In other words, cholesterol is responding to inflammation, not causing it. This perspective challenges the traditional approach of just lowering cholesterol without addressing the underlying inflammation.

Implications for Heart Health and Lifestyle Choices

Rethinking Dietary Recommendations

If inflammation is the main driver of heart disease, then dietary advice needs to shift accordingly. Dr. Lundell and others who share his viewpoint argue that cutting out fats, especially saturated fats, may not be the best strategy. Instead, reducing the intake of processed carbohydrates, sugars, and trans fats—which promote inflammation—could be far more beneficial.

Foods that naturally reduce inflammation include:

- Fatty fish rich in omega-3s (like salmon and mackerel)
- Fresh fruits and vegetables
- Nuts and seeds
- Whole grains
- Healthy oils such as olive oil and avocado oil

On the other hand, highly processed foods, excessive sugar, and refined carbs can increase inflammatory markers and should be limited.

The Role of Medications: Statins and Beyond

Statins are widely prescribed to lower cholesterol, but Dr. Lundell cautions that their

benefits might be overestimated if inflammation is the true cause of heart disease. While statins do lower LDL cholesterol, they also have anti-inflammatory effects, which might explain some of their success in reducing heart attack risk.

However, relying solely on medication without making lifestyle changes that address inflammation—like improving diet, managing stress, and exercising—may not provide comprehensive protection. Dr. Lundell encourages a more holistic approach to heart health, emphasizing prevention through lifestyle rather than just pharmaceutical intervention.

How to Support Heart Health Beyond Cholesterol Numbers

Focus on Inflammation Reduction

To genuinely improve heart health, it's important to target inflammation directly. Here are some practical ways to do that:

- **Eat an anti-inflammatory diet:** Prioritize whole foods, minimize processed sugars and refined carbs.
- **Exercise regularly:** Physical activity helps reduce inflammation and supports cardiovascular fitness.
- **Manage stress:** Chronic stress elevates inflammatory hormones; techniques like meditation, yoga, or deep breathing can help.
- **Get quality sleep:** Poor sleep contributes to inflammation and overall poor heart health.
- **Avoid smoking and limit alcohol:** Both increase inflammation and damage blood vessels.

Understanding Your Blood Work Differently

Instead of obsessing over cholesterol numbers alone, Dr. Lundell suggests looking at additional markers that indicate inflammation, such as C-reactive protein (CRP). This test can provide a clearer picture of cardiovascular risk when combined with traditional lipid panels.

By focusing on a broader range of indicators, patients and doctors can develop a more personalized and effective strategy for preventing heart disease.

Why The Conversation About Heart Health Is Changing

The growing interest in Dr. Dwight Lundell and the great cholesterol lie reflects a broader shift in medical thinking. As research uncovers more about the complexities of cardiovascular disease, it becomes clear that a one-size-fits-all approach doesn't work well.

More patients and practitioners are moving toward integrative care models that address diet, lifestyle, inflammation, and genetic factors holistically. This evolution in understanding could lead to better outcomes and fewer unnecessary treatments.

Heart health is undeniably a critical topic, and Dr. Dwight Lundell's perspective invites us to look beyond cholesterol alone. By considering inflammation as a core contributor to heart disease, individuals can take more effective steps toward lasting cardiovascular wellness. Embracing an anti-inflammatory lifestyle, understanding the nuances of cholesterol's role, and working closely with healthcare professionals to interpret comprehensive testing can empower anyone to protect their heart in a meaningful way.

Frequently Asked Questions

Who is Dr. Dwight Lundell and what is his stance on cholesterol and heart health?

Dr. Dwight Lundell is a cardiologist who has publicly challenged the conventional belief that cholesterol is the primary cause of heart disease. He argues that inflammation, rather than cholesterol, is the main driver of heart problems.

What is the 'Great Cholesterol Lie' according to Dr. Dwight Lundell?

The 'Great Cholesterol Lie' refers to the widely held belief that high cholesterol directly causes heart disease. Dr. Lundell suggests this is a misconception and that focusing solely on lowering cholesterol overlooks the critical role of inflammation in heart health.

How does inflammation contribute to heart disease according to Dr. Lundell?

Dr. Lundell explains that inflammation damages the lining of arteries, causing blockages and heart disease. He emphasizes that chronic inflammation, often driven by diet and lifestyle factors, is the true culprit behind heart problems.

What dietary recommendations does Dr. Dwight Lundell make for improving heart health?

Dr. Lundell recommends avoiding processed foods, sugars, and trans fats, while emphasizing a diet rich in whole, natural foods like vegetables, fruits, healthy fats, and lean proteins to reduce inflammation and promote heart health.

Why does Dr. Lundell criticize the use of statin drugs for cholesterol management?

Dr. Lundell criticizes statins because he believes they address cholesterol numbers but do not tackle the underlying inflammation causing heart disease. He warns that relying solely on statins may overlook more important lifestyle changes.

What impact has Dr. Lundell's message had on public understanding of heart health?

Dr. Lundell's message has sparked debate and encouraged many to reconsider the role of cholesterol and inflammation in heart disease, leading to increased interest in holistic approaches to heart health focusing on diet and inflammation reduction.

Additional Resources

Heart Health Dr Dwight Lundell The Great Cholesterol Lie: An Investigative Review

heart health dr dwight lundell the great cholesterol lie has emerged as a focal point in contemporary discussions about cardiovascular disease and the widely accepted role of cholesterol. Dr. Dwight Lundell, a prominent cardiovascular surgeon and former chief of staff at Banner Heart Hospital in Mesa, Arizona, has become a controversial figure due to his outspoken criticism of conventional cholesterol theories. This article delves into Dr. Lundell's perspective, examining the claims, scientific context, and implications for heart health.

Understanding the Traditional Cholesterol Paradigm

For decades, cholesterol has been villainized as the primary culprit behind heart disease. The prevailing medical consensus posits that elevated low-density lipoprotein (LDL) cholesterol contributes directly to atherosclerosis — the buildup of fatty plaques in arteries — which can lead to heart attacks and strokes. This understanding has driven massive public health campaigns promoting low-fat diets, widespread use of statin medications, and routine cholesterol level monitoring.

Dr. Lundell's critique challenges this mainstream narrative. He argues that the fixation on cholesterol oversimplifies the complex pathology of cardiovascular disease and diverts

attention from more significant underlying causes, such as inflammation.

The Great Cholesterol Lie: Dr. Lundell's Claim

In his widely circulated statements and writings, Dr. Lundell refers to the “great cholesterol lie,” emphasizing that cholesterol, in itself, is not the enemy. According to him, the real problem is chronic inflammation within the arterial walls. He posits that inflammation, rather than cholesterol, initiates and accelerates the atherosclerotic process. In his view, cholesterol is a necessary substance that the body uses to repair damage caused by inflammation.

This perspective aligns with emerging research highlighting the role of inflammatory markers like C-reactive protein (CRP) in predicting cardiovascular risk. Dr. Lundell's argument is that by focusing solely on cholesterol numbers, healthcare providers may overlook the broader systemic issues leading to heart disease.

Evaluating the Evidence: Cholesterol and Inflammation

The relationship between cholesterol, inflammation, and heart disease is complex. Several large-scale studies and clinical trials provide insights into these interactions.

- **Lipid Hypothesis Support:** Studies such as the Framingham Heart Study have established correlations between elevated LDL cholesterol and increased cardiovascular events.
- **Inflammation as a Risk Factor:** Research has demonstrated that markers like CRP are independent predictors of heart attacks, even in individuals with normal cholesterol levels.
- **Statins and Anti-inflammatory Effects:** Statins, commonly prescribed to lower LDL cholesterol, also exhibit anti-inflammatory properties, suggesting dual mechanisms of benefit.

Dr. Lundell's emphasis on inflammation brings attention to lifestyle and dietary factors that exacerbate chronic inflammation — including high sugar intake, processed foods, smoking, and stress — which may not be adequately addressed by cholesterol-lowering strategies alone.

Heart Health Approaches Beyond Cholesterol

If inflammation is a driving force in heart disease, then comprehensive heart health

strategies must extend beyond cholesterol management. Dr. Lundell advocates for a paradigm shift that incorporates:

1. **Anti-inflammatory Diets:** Emphasizing whole foods rich in antioxidants, omega-3 fatty acids, and fiber to reduce systemic inflammation.
2. **Lifestyle Modifications:** Regular physical activity, stress reduction techniques, and smoking cessation to mitigate inflammatory responses.
3. **Targeted Medical Interventions:** Using medications or supplements that specifically address inflammation, rather than solely focusing on lipid profiles.

This holistic approach resonates with a growing body of evidence supporting the multifactorial nature of cardiovascular disease.

Controversies and Criticisms Surrounding Dr. Lundell's Views

While Dr. Lundell's critique has garnered considerable attention, it has also faced skepticism from many cardiologists and researchers. Critics argue that dismissing cholesterol's role risks undermining decades of evidence and may lead patients to neglect proven therapies.

Some concerns include:

- **Oversimplification:** Although inflammation is important, cholesterol remains a significant risk factor, and the two are interconnected rather than mutually exclusive.
- **Misinterpretation of Data:** Selective citation of studies can distort the overall scientific consensus.
- **Public Health Implications:** Messaging that downplays cholesterol may confuse patients and complicate clinical decision-making.

Nevertheless, Dr. Lundell's advocacy has stimulated important conversations about refining cardiovascular risk assessment and treatment.

Comparing the Great Cholesterol Lie to Other Heart Health Theories

The debate around cholesterol and inflammation is part of a broader evolution in

understanding heart disease. Other emerging theories include:

- **Insulin Resistance and Metabolic Syndrome:** Highlighting the role of blood sugar regulation and obesity in cardiovascular risk.
- **Gut Microbiome Influence:** Investigating how gut bacteria may impact systemic inflammation and lipid metabolism.
- **Genetic Factors:** Recognizing that genetic predispositions can modulate cholesterol levels and inflammatory responses.

Dr. Lundell's critique complements these perspectives by emphasizing the need to look beyond traditional lipid-centric models.

The Role of Public Perception and Media in the Cholesterol Debate

Public understanding of heart health is heavily shaped by media narratives and health campaigns. The phrase "the great cholesterol lie" is provocative and has been widely disseminated through interviews, online articles, and social media. This has both positive and negative implications.

On one hand, it challenges complacency and encourages individuals to seek nuanced information about heart disease. On the other, it risks fostering confusion or skepticism toward established medical advice. Balancing these outcomes requires careful communication from healthcare professionals, ensuring that patients receive evidence-based guidance without oversimplifying complex scientific issues.

Integrating Dr. Lundell's Insights into Clinical Practice

For clinicians, the challenge is to integrate the lessons from Dr. Lundell's critique within established frameworks. This may involve:

- Broadening risk assessments to include inflammatory markers alongside lipid panels.
- Personalizing treatment plans that address diet, lifestyle, and inflammation.
- Educating patients about the multifaceted nature of heart disease, emphasizing that cholesterol is one important factor among many.

Such an approach ensures that the "great cholesterol lie" dialogue enriches, rather than

disrupts, effective heart health management.

The discourse ignited by **heart health dr dwight lundell the great cholesterol lie** underscores the dynamic nature of cardiovascular science. While cholesterol remains a critical factor, Dr. Lundell's call to recognize inflammation's central role encourages a more comprehensive view of heart disease prevention and treatment. As research continues to evolve, integrating diverse perspectives will be essential to advancing patient care and public health.

Heart Health Dr Dwight Lundell The Great Cholesterol Lie

heart health dr dwight lundell the great cholesterol lie: *Eating Healthy God's Way* ,
heart health dr dwight lundell the great cholesterol lie: **The End of All Disease** Jesse Cannone, Building on the research and life experience of more than 20 experts in virtually every area of health and natural healing, *The End of All Disease* reveals the often-hidden causes of suffering and how to restore optimal health in every area of your life.

heart health dr dwight lundell the great cholesterol lie: *Mysteriously Missing College Courses* John M. Memory Ph.D. J.D., 2018-11-15 The 74-year-old author, John M. Memory, realized in recent years that he has much important information that is seldom or never taught in college and university courses. After checking course descriptions of a major university in the Southeast, he undertook writing this book. Though John is not a health expert, he has had significant scholarly and professional experiences relating to health that have helped him in writing the 17 chapters about health. John learned much from using non-medical, life style approaches in preventing the fifth through the second most feared diseases-diabetes, stroke, heart disease, and Alzheimer's. For example, he rejected his doctors' recommendations of taking a statin drug and, instead, has performed a heart and brain health routine he developed in 1982, with excellent results. Regarding the most feared disease, cancer, he learned in 2018 that, long after failed prostate surgery and radiation treatments, three alternative, holistic anti-cancer approaches have stopped the advance of his aggressive recurrent prostate cancer. In other chapters, John discusses the dangers posed by rampant ethnocentrism and xenophobia, how to teach moral behavior to children, the joys of frugal living, the importance of moral courage in work and government, origins of religion, the importance and challenges of high-risk activities and decision making, and much more. Since many people will disagree with him on one or several subjects, John hopes that readers will focus on chapters that can be most helpful for the reader. Join the author on a thought-provoking journey that revolves around *Mysteriously Missing College Courses*.

heart health dr dwight lundell the great cholesterol lie: **Death on a Fork** Gwynne Davies, 2011-10-28 Gwynne Davies is now retired, but was a Clinical Ecologist practitioner for over 30 years. This book is not hypothesis - it is based on those years of treating ten to twelve patients daily, and on the day he retired he had a four month waiting list. If you care about your health and are willing to do something about it, other than popping a pill, then this book is for you. Gwynne has consulted, written and broadcast on radio and TV on the treatment of health problems such as arthritis, migraine, hyperactivity, cancer, candidiasis, women's problems, neurological problems, depression. All these and more are covered within the book, with unsolicited testimonials from satisfied patients.

heart health dr dwight lundell the great cholesterol lie: **Young for Life** Marilyn Diamond, Donald Schnell, 2013-04-02 One hundred and seventy millions Americans are obese. Thirty million

are skinny fat, not outwardly big but inwardly nutrition deficient. The authors of this book, both staunch vegans for decades, were among the skinny fat. After witnessing accelerated aging, Marilyn Diamond and Dr. Donald Schnell transformed their health through a radical lifestyle overhaul that most people over 40 will find easy and intuitive. Young for Life begins with the premise that our bodies are miraculous machines that have the potential for life-long vitality, sexuality, and youthfulness, and then shows how to reverse the signs aging through three key life-changing practices: - Whole Food nutrition for vital nutrients that combat genetic aging - Convenience exercise-6-second techniques of muscle contraction that are the foundation of shaping sexy muscle anytime, anywhere - Disease-prevention-fighting nutrient deficiency with micronutrient supplements

heart health dr dwight lundell the great cholesterol lie: *Healing Your Child's Digestive Health* Diana Sproul, 2012-10-01 Your child's cycles of painful constipation can come to an end. With modern nutrition advice in hand, you will be able to help heal your child's digestive system, ending the cycle of problems. Learn how to make the digestive process run more smoothly-- With real info on probiotics, enzyme foods, fats, the ease of digestion of some foods, nutrient-dense foods like meat, milk and eggs, and the indigestibility of most fiber, and you'll understand how the digestive system ticks. Provides info about how to make grains, beans and nuts more digestible, and better absorbed, through proper preparation of each. A list of food and liquid tips are provided, along with info on castor oil packs, baths, refined foods to avoid, and more. Includes citations, in case readers would like more information. This short book will empower you to make good decisions for your child's health and digestion. The author had her own digestive issues for the last ten years. Overcoming them, and helping her own child's digestion, has meant learning a lot about nutrition, enzymes, how different foods can be made easier to digest, homemade bone broth and soups, fermented foods, gut bacteria, prebiotic foods that feed gut bacteria, and more. Diana Sproul is the founder of Transform Health LLC, which counsels clients nationwide toward better nutrition, lifestyle choices, and clinical herbalism treatments. The plans are each tailored to the individual's primary issues, not a one-size-fits-all approach. She is a graduate of the Advanced Program at the Colorado School for Clinical Herbalism, located in beautiful Boulder, Colorado. She hopes to help America become healthier, well-nourished, and correct widespread misconceptions about nutrition. Read more at Transform Health Website - TransformHealth.Biz Take My Online Course- Raising Your Immunity: <https://bit.ly/32ih9Lt> (Udemy) or transform-health.thinkific.com (Thinkific) My Etsy Store: <https://tinyurl.com/THetsy> Check out my Patreon Page for more stuff for members: <https://www.Patreon.com/TransformHealth> More Ebooks at Amazon and Barnes & Noble (in order): <https://tinyurl.com/TransformHealthAmazon> <https://tinyurl.com/B-N-DianaSproul> Free Video and Audio Podcasts: iTunes Podcasts- <https://tinyurl.com/TransformHPodcast> Bitchute: <https://www.bitchute.com/channel/yX7XlCrK8P9B/> YouTube Channel-<http://youtube.com/c/TransformhealthBiz> Libsyn: <http://directory.libsyn.com/shows/view/id/transformhealth> Google Podcasts- <https://tinyurl.com/TransformHPodcast2> Amazon Music Podcasts: <https://music.amazon.com/podcasts/408ac097-d552-476d-89b8-b2615eb06761/TRANSFORM-HEALTH-VIDEO-PODCAST> Spotify - <https://open.spotify.com/show/25qRSNdI2u8k5Hs126zWY0> iHeart- <https://www.iheart.com/podcast/263-transform-healths-video-po-86988877/> SoundCloud - <http://www.soundcloud.com/user-891688386/> Stitcher - <http://www.stitcher.com/s?fid=160829&refid=stpr> Other Social Media: MeWe- <https://mewe.com/p/transformhealth> Instagram- https://instagram.com/transform_health_co Disclaimer: The FDA has not evaluated any of these statements seen on the Transform Health LLC website, online store, products, emails, social media, online courses and more. This information is not intended to diagnose, treat, or cure, or prevent any disease. Any information provided here is intended for educational purposes only.

heart health dr dwight lundell the great cholesterol lie: *Six Sources of Healthier Fats, The Omega 3 to 6 Balance, and Why You Care* Diana Sproul, 2016-03-04 Why is it important for you to eat fats, and which fats are the best choice? This short, light paper will introduce you about

six sources of healthy fats, especially from pastured/grass-fed sources. It explains simply why getting Omega 3 Essential Fatty Acids (EFA's) from pastured and wild sources are important for overall health, and how fats are necessary for every cell in your body. Fat-soluble vitamins are stored in fats, and help their absorption by you, but fats also helps the absorption of water-soluble vitamins like Bs and K. This paper describes the benefits of avocado, olives and olive oil, wild salmon, grass-fed whole yogurt, coconut fats, and pastured pork lard. It talks about coconut products like coconut butter, coconut oil and MCT oil, and their importance for brain health due to lauric acid. This nutrition information will introduce you and re-educate you on how we a whole food diet can benefit our health over the long term.

heart health dr dwight lundell the great cholesterol lie: Food Facts, Myths, and Healthy Diets Prof. Devareddy Narahari, Ph.D., 2017-10-10 Food Facts, Myths, and Healthy Diets By: Prof. Devareddy Narahari, Ph.D. Nearly half of a person's health is controlled by his or her food and food habits. However, with the rise of certain food myths and widespread confusion over nutrition science, it has become increasingly difficult to separate fiction and fact. In Food Facts, Myths, and Healthy Diets, Prof. Devareddy Narahari, Ph.D. analyzes the latest nutritional research from universities and hospitals. His conclusions provide clear and actionable steps for everyone to transform his or her health. This book outlines how dietary changes can help control arthritis, blood pressure, cardiovascular diseases, diabetes, obesity, and more chronic conditions and illnesses. Dr. Narahari provides information on calories, fats, fiber, food additives (chemicals), genetically modified foods and organic foods, water requirement and quality, and herbs and spices while taking no side but the truth. Food Facts, Myths, and Healthy Diets provides both the science and the details to create a longer and healthier life.

heart health dr dwight lundell the great cholesterol lie: Enjoyvity, Your Full Spectrum of Life Yves Verheyen, 2010-10 EnjoyVity is intended for those who want to enhance their life and safe-guard that of their beloved ones. The author addresses the subject of natural remedies, they don't want you to know about or don't have time to talk about, in this revolutionary book, a one-of-a-kind program with a 21-chapter easy to read lay-out. Discover your path to true self-healing. Learn how to easily and healthy live extra years. Find the missing link in your healthy life puzzle. Understand how to live your dreams not those of others. Think and act towards your life enhancement. Successfully adapt and change with 'the 7 basic life. rules'

heart health dr dwight lundell the great cholesterol lie: \$29 Billion Reasons to Lie about Cholesterol Justin Smith, 2009 \$29 Billion Reasons to Lie about Cholesterol provides the facts; enabling readers to make informed choices about the prevention of heart disease and diabetes.

heart health dr dwight lundell the great cholesterol lie: Cholesterol Clarity Jimmy Moore, 2013-08-27 Are you confused by what your cholesterol levels really say about your health? Don't you wish someone could just spell it out in simple, easy-to-understand language and tell you what, if anything, you need to do about your cholesterol? Good news! That's precisely what Cholesterol Clarity is designed to do. Jimmy Moore, a prominent and highly respected health blogger and podcaster, has teamed up with Dr. Eric Westman, a practicing internist and nutrition researcher, to bring you one of the most unique books you'll ever read on this subject, featuring exclusive interviews with twenty-nine of the world's top experts from various fields to give you the complete lowdown on cholesterol. If you're worried about any confusing medical jargon in this book, don't be—this critical information is broken down for you to grasp what is really important and what is not. You won't find this kind of comprehensive, cutting-edge, expert-driven cholesterol information all in one place anywhere else. Has your doctor told you your total and/or LDL cholesterol is too high and thus requires you to take immediate action to lower it? Has the solution to your high cholesterol been to cut down on your saturated fat intake, eat more healthy whole grains and vegetable oils, and possibly even take a prescription medication like a statin to lower it to desirable levels? If so, then this is the book for you. Learn what the real deal is from some of the leading experts on the subject. Not only will Cholesterol Clarity tell you what your cholesterol tests—LDL, HDL, triglycerides, and

other key cholesterol markers—really mean, but it will also arm you with nutritional guidance that will lead you to optimal health. Are you ready to find out what the HDL is wrong with your numbers? Within the pages of this book you'll learn invaluable lessons, including:

- Why your LDL-C and total cholesterol numbers may not be as important in determining your health as your doctor may think
- The undeniable negative role that chronic inflammation plays in your health
- Why cholesterol-lowering statin drugs don't necessarily solve your heart health concerns
- Why your doctor should be testing for LDL particles and particle size when measuring cholesterol
- Why HDL and triglycerides are far more predictive of health concerns than LDL-C and total cholesterol
- Why consuming foods with saturated fat is good for you, and why carbohydrate-based foods can be detrimental to attaining the best cholesterol numbers
- Why a growing number of physicians, researchers, and nutritionists believe treating cholesterol numbers is virtually irrelevant

Contributing experts include Cassie Bjork, RD; Philip Blair, MD; Jonny Bowden, PhD; John Briffa, BSc, MB, BS; Dominic D'Agostino, PhD; William Davis, MD; Thomas Dayspring, MD; David Diamond, PhD; Ron Ehrlich, BDS, FACNEM; Jeffery N. Gerber, MD; David Gillespie; Duane Graveline, MD; Paul Jaminet, PhD; Malcolm Kendrick, MD; Ronald Krauss, MD; Fred Kummerow, PhD; Dwight C. Lundell, MD; Robert Lustig, MD; Chris Masterjohn, PhD; Donald Miller, MD; Rakesh Rocky Patel, MD; Fred Pescatore, MD; Uffe Ravnskov, MD, PhD; Stephanie Seneff, PhD; Cate Shanahan, MD; Ken Sikaris, BSc, MBBS, FRCPA, FAACB, FFSc; Patty Siri-Tarino, PhD; Mark Sisson; Gary Taubes

heart health dr dwight lundell the great cholesterol lie: The Great Cholesterol Myth

Jonny Bowden, Stephen Sinatra, 2012-11-01 Heart disease is the #1 killer. However, traditional heart disease protocols--with their emphasis on lowering cholesterol--have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as ineffective low-fat/high-carb diets and serious, side-effect-causing statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. The Great Cholesterol Myth reveals the real culprits of heart disease, including:

- Inflammation - Fibrinogen - Triglycerides - Homocysteine - Belly fat - Triglyceride to HCL ratios - High glycemic levels

Bestselling health authors Jonny Bowden, Ph.D., and Stephen Sinatra, M.D. give readers a 4-part strategy based on the latest studies and clinical findings for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Get proven, evidence-based strategies from the experts with The Great Cholesterol Myth. MYTHS VS. FACTS

- Myth-High cholesterol is the cause of heart disease. Fact-Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease.
- Myth-High cholesterol is a predictor of heart attack. Fact-There is no correlation between cholesterol and heart attack.
- Myth-Lowering cholesterol with statin drugs will prolong your life. Fact-There is no data to show that statins have a significant impact on longevity.
- Myth-Statin drugs are safe. Fact-Statin drugs can be extremely toxic including causing death.
- Myth-Statin drugs are useful in men, women and the elderly. Fact-Statin drugs do the best job in middle-aged men with coronary disease.
- Myth-Statin drugs are useful in middle-aged men with coronary artery disease because of its impact on cholesterol. Fact-Statin drugs reduce inflammation and improve blood viscosity (thinning blood).
- Statin drugs are extremely helpful in men with low HDL and coronary artery disease.
- Myth-Saturated fat is dangerous. Fact-Saturated fats are not dangerous. The killer fats are the trans fats from partially hydrogenated oils.
- Myth-The higher the cholesterol, the shorter the lifespan. Fact-Higher cholesterol protects you from gastrointestinal disease, pulmonary disease and hemorrhagic stroke.
- Myth-A high carbohydrate diet protects you from heart disease. Fact-Simple processed carbs and sugars predispose you to heart disease.
- Myth-Fat is bad for your health. Fact-Monounsaturated and saturated fats protect you from metabolic syndrome. Sugar is the foe in cardiovascular disease.
- Myth-There is good (HDL) cholesterol and bad (LDL) cholesterol. Fact-This is over-simplistic. You must fractionate LDL and HDL to assess the components.
- Myth-Cholesterol causes heart disease. Fact-Cholesterol is only a theory in heart disease and only the small

component of LP(a) or “bb shot” LDL predisposes one to oxidation and inflammation.

heart health dr dwight lundell the great cholesterol lie: The Great Cholesterol Con Dr Malcolm Kendrick, 2008-07-07 Statins are widely prescribed to lower blood cholesterol levels and claim to offer unparalleled protection against heart disease. Believed to be completely safe and capable of preventing a whole series of other conditions, they are the most profitable drug in the history of medicine. In this groundbreaking book, GP Malcolm Kendrick exposes the truth behind the hype. He will change the way we think about cholesterol forever. Rubbishing the diet-heart hypothesis, in which clinical trials 'prove' that high cholesterol causes heart disease and a high-fat diet leads to heart disease, Kendrick lambastes a powerful pharmaceutical industry and unquestioning medical profession, who, he claims, perpetuate the madcap concepts of 'good' and 'bad' cholesterol and cholesterol levels to convince millions of people to unnecessarily spend billions of pounds on statins. Clearly and comprehensively debunking assumptions on what constitute a healthy lifestyle and diet, The Great Cholesterol Con is the accessible, indispensable and absorbing case against statins and for a more common-sense approach to heart disease and general wellbeing. No more over-hyped miracle drugs; no more garlic, red wine, anti-oxidants, fruit or vegetables; even a vegetarian diet is rejected in this controversial yet authoritative critique of how we have been misled over how food and drugs affect our coronary health. Here, for the first time, is the invaluable guide for anyone who though there was a miracle cure for heart disease, The Great Cholesterol Con is a fascinating breakthrough that will set dynamite under the whole area.

heart health dr dwight lundell the great cholesterol lie: GREAT CHOLESTEROL LIE
PETER A. JOHNSON, 2024

heart health dr dwight lundell the great cholesterol lie: Summary of Jonny Bowden & Stephen Sinatra's The Great Cholesterol Myth Everest Media,, 2022-03-09T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 We believe that cholesterol, while not the cause of heart disease, is a minor character in the heart disease story. We believe that the real causes of heart disease are inflammation, oxidation, sugar, and stress. #2 The 1990s saw the rise of the Atkins diet, which promoted eating fat and protein to lose weight. It was believed that because Atkins diet was high in saturated fat, it would cause heart disease. But many people lost weight easily following his program. #3 I began to wonder if the theory that cholesterol causes heart disease was wrong. study after study on high-protein, low-carb diets showed that the blood tests of people on these diets were similar to Al's. Their health actually improved. #4 The Weston A. Price Foundation is a group that advocates for unprocessed foods, including butter, raw milk, and grass-fed meat. They believe that the real initiators of damage in the arteries are oxidation and inflammation, not cholesterol.

heart health dr dwight lundell the great cholesterol lie: Cholesterol Myth Lisa Bailey, 2023-03-15 An innovative book called The Cholesterol Myth: Why Reducing Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Strategy That Can dispels the commonly held notion that high cholesterol levels are the main contributor to heart disease. This eye-opening book presents strong evidence that inflammation rather than cholesterol is to blame for heart disease rather than cholesterol as the enemy. Readers will get amazing information about the following subjects in this book: The evolution of the cholesterol theory and how it gained traction Research on the cholesterol hypothesis' shortcomings The link between heart disease and inflammation, as well as natural ways to minimize it The Myths and Truths about Cholesterol Statin medication risks and adverse effects Unreliant on statins, a complete strategy to lower the risk of heart disease This book is a must-read if you're sick of taking drugs to decrease your cholesterol levels only to find that your risk of heart disease stays high. The myth about cholesterol with succinct and straightforward explanations demonstrates to readers how to take charge of their health by addressing the root causes of heart disease. Take advantage of your chance to learn the truth about cholesterol and how to prevent heart disease. Purchase a copy of Cholesterol Myth right away!

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wish someone could just spell it out in simple, easy-to-understand language and tell you what, if anything, you need to do about your cholesterol? Good news! That's precisely what Cholesterol Clarity is designed to do. Jimmy Moore, a prominent and highly respected health blogger and podcaster, has teamed up with Dr. Eric Westman, a practicing internist and nutrition researcher, to bring you one of the most unique books you'll ever read on this subject, featuring exclusive interviews with twenty-nine of the world's top experts from various fields to give you the complete lowdown on cholesterol. If you're worried about any confusing medical jargon in this book, don't be—this critical information is broken down for you to grasp what is really important and what is not. You won't find this kind of comprehensive, cutting-edge, expert-driven cholesterol information all in one place anywhere else. Has your doctor told you your total and/or LDL cholesterol is too high and thus requires you to take immediate action to lower it? Has the solution to your high cholesterol been to cut down on your saturated fat intake, eat more healthy whole grains and vegetable oils, and possibly even take a prescription medication like a statin to lower it to desirable levels? If so, then this is the book for you. Learn what the real deal is from some of the leading experts on the subject. Not only will Cholesterol Clarity tell you what your cholesterol tests—LDL, HDL, triglycerides, and other key cholesterol markers—really mean, but it will also arm you with nutritional guidance that will lead you to optimal health. Are you ready to find out what the HDL is wrong with your numbers? Within the pages of this book you'll learn invaluable lessons, including:

- Why your LDL-C and total cholesterol numbers may not be as important in determining your health as your doctor may think
- The undeniable negative role that chronic inflammation plays in your health
- Why cholesterol-lowering statin drugs don't necessarily solve your heart health concerns
- Why your doctor should be testing for LDL particles and particle size when measuring cholesterol
- Why HDL and triglycerides are far more predictive of health concerns than LDL-C and total cholesterol
- Why consuming foods with saturated fat is good for you, and why carbohydrate-based foods can be detrimental to attaining the best cholesterol numbers
- Why a growing number of physicians, researchers, and nutritionists believe treating cholesterol numbers is virtually irrelevant

Contributing experts include Cassie Bjork, RD; Philip Blair, MD; Jonny Bowden, PhD; John Briffa, BSc, MB, BS; Dominic D'Agostino, PhD; William Davis, MD; Thomas Dayspring, MD; David Diamond, PhD; Ron Ehrlich, BDS, FACNEM; Jeffry N. Gerber, MD; David Gillespie; Duane Graveline, MD; Paul Jaminet, PhD; Malcolm Kendrick, MD; Ronald Krauss, MD; Fred Kummerow, PhD; Dwight C. Lundell, MD; Robert Lustig, MD; Chris Masterjohn, PhD; Donald Miller, MD; Rakesh Rocky Patel, MD; Fred Pescatore, MD; Uffe Ravnskov, MD, PhD; Stephanie Seneff, PhD; Cate Shanahan, MD; Ken Sikaris, BSc, MBBS, FRCPA, FAACB, FFSc; Patty Siri-Tarino, PhD; Mark Sisson; Gary Taubes

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