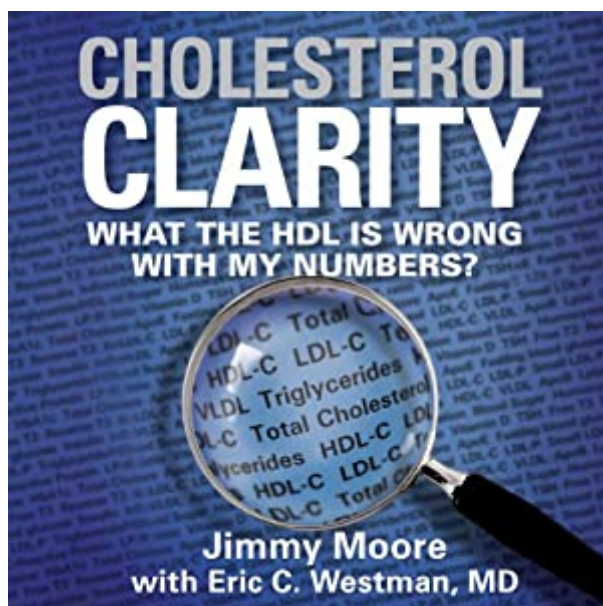


The book was found

Cholesterol Clarity: What The HDL Is Wrong With My Numbers?



Synopsis

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 English and tell you what, if anything, you need to do to improve your heart and overall health? That's precisely what Cholesterol Clarity is designed to do. Jimmy Moore, a prolific and highly respected health blogger and podcaster, interviewed 28 of the world's top health experts from various fields to give you the complete lowdown on cholesterol. He and his co-author, family practitioner and researcher Dr. Eric Westman, have broken down this critical information for you to know what is most 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. Did you know, for instance, that you don't have to eat a low-fat diet, take a statin drug, or eat more of the so-called "healthy" whole grains to get your cholesterol levels where they need to be? Learn what really works from the best experts on the subject. Cholesterol Clarity will not only tell you what your LDL, HDL, triglycerides, and other key cholesterol markers really mean, but it will arm you with what you can do nutritionally to become as optimally healthy as you can possibly be! Featured Experts: Dr. William Davis, Dr. Ronald Krauss, Dr. Uffe Ravnskov, Dr. Robert Lustig, Dr. Duane Graveline, Dr. Jonny Bowden, Dr. Chris Masterjohn, Dr. Malcolm Kendrick, Dr. John Briffa, Dr. Thomas Dayspring, Dr. Fred Pescatore, Gary Taubes and over a dozen more!

Book Information

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Customer Reviews

This book took everything I thought I knew about cholesterol and health and threw it out the window!

Another amazing book, just as good as Keto-Clarity by the same author another definite read.

This book gave a great summary of what are healthy fats and what are unhealthy fats. It also explained why LDL particle testing is important. It also explained why a diet low in carbs and high in good fats increases HDL cholesterol and lowers triglycerides which is good for heart health. Overall a very informative book on how to eat to get better HDL numbers, lower triglyceride numbers, and fewer dense LDL particles and more fluffy LDL particles.

A must have for anyone being asked to take cholesterol meds. A ketogenics diet can improve your labs, but it's not as easy as taking a pill. A high fat low carb and moderate protein diet is certainly more beneficial for overall health care, but not easy. Simple, but not easy. Let's get healthy America and take the pharmaceutical industry off it's political pedestal.

A great eye opener about cholesterol. Debunks many "established ideas" about the subject. Not just his opinion. Every chapter has experts who verify what he says.

A great book that helps you understand how cholesterol works and why it's not so fearful after all. I'd suggest getting Keto Clarity as well. Both great reads from Jimmy Moore and Dr Westman.

After starting keto 8 months ago, my cholesterol shot up somewhat even though I lost 40 lbs, went back to waist 32 from 38, and feel great. My traditional MD who I visit for the thyroid prescription suggested statins. I teased him a little about APOB and APOC particles. He didnt like my challenge. Then I knew I was so right and so is this book.

This book presents a very different view of cholesterol and the cause of heart disease. I have embraced the Ketogenic diet, and feel persuaded that Mr. Moore is correct about the role of fat in our diets. I would like for the medical community to become better informed about these matters.

Very thorough information about cholesterol, from many experts. We should all know this so we can make more informed decisions about our own health and healthcare.

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Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) Cholesterol Clarity:

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