

\$29 Billion Reasons to Lie about Cholesterol

Making Profit by Turning Healthy People into Patients
by Justin Smith

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Chapter Breakdown

Chapter 1 provides a brief description of the types of fats in our diet, what we are told about them and why saturated fats, far from being dangerous, are vitally important for health.

Chapter 2 shows that the intake of saturated fat has been decreasing during the same time that obesity, heart disease and diabetes have been increasing. National nutritional surveys show that we are following government recommendations, but the authorities refuse to admit that these guidelines (which remain unchanged for ten years) are not working.

Chapter 3 explains how grain based foods such as bread, pasta and cereals cause obesity, diabetes, heart disease and a range of other serious health problems. Dieticians and the food industry have convinced us to double our consumption of these foods: which have significantly contributed to the decline of our health.

Chapter 4 takes a brief look at different diets around the world to show the incredible variation in the types of foods that are traditionally eaten. The importance of our genetic heritage in determining our nutritional requirements is discussed.

Chapter 5 commences with a brief description of the cholesterol idea and how it started. The false idea of 'good' and 'bad' cholesterol is also discussed. Chapter 6 discusses the false idea that dietary cholesterol and saturated fat cause the level of cholesterol in the blood to increase.

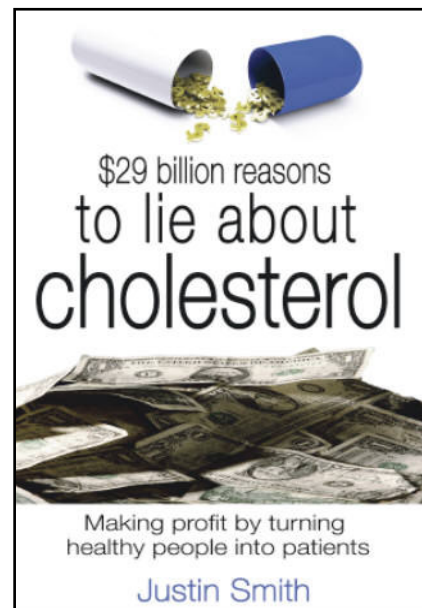
Chapter 7 shows that the risk for developing heart disease actually increases as cholesterol levels are reduced and chapter 8 discusses the way that pharmaceutical companies and doctors are converting millions of healthy people into patients.

Chapter 9 provides a description of how the cholesterol idea has been allowed to take hold and chapter 10 asks if statins are safe. Chapter 11 provides a basic description of how heart disease develops. The general public have been misled to believe that heart disease involves a simple process of the arteries getting 'clogged-up' with fat. In fact, we now know that the process is more akin to inflammation. A more accurate understanding of the true nature of heart disease raises even more questions about the cholesterol idea.

Chapter 12 briefly discusses some of the actual mechanisms by which high blood glucose levels cause heart disease and how this is related to diabetes. Chapter 13 shows how clinical trials are often exaggerated and misreported to show statins as "wonder drugs". The reality is quite different from the published headlines.

Chapter 14 exposes cholesterol-lowering margarines as foods that are actually more likely to contribute to heart disease rather than prevent it. Finally, the appendix provides a brief description of what constitutes a natural whole food based diet and provides a basic food selection guide for readers.

The issues discussed in this book may be considered by many to be controversial. However, what is presented is a coherent argument against the cholesterol idea. Throughout the whole text, great care has been taken to support all statements that have been made with relevant references and source materials. These can easily be verified by the reader. The intention has been to present this important information in a way that will appeal to both the general public and those with a professional interest.



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