



# **The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It**

*Malcolm Kendrick*

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## **The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It** Malcolm Kendrick

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, Malcolm Kendrick lambastes a powerful pharmaceutical industry and unquestioning medical profession, who, he claims, perpetuate the concepts of good and bad cholesterol.

## **The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It Details**

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# **From Reader Review The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It for online ebook**

## **Jodi says**

This book explains that the cholesterol hypothesis is well and truly dead! It has been disproven, comprehensively. The current obsession with cholesterol levels and avoiding saturated fat and cholesterol in the diet is utterly misguided.

This book was very convincing on this point but if you'd like a far more in depth explanation and history I'd highly recommend 'Good Calories, Bad Calories' by Gary Taubes. This book is also impeccably referenced and argued.

This book explains that:

- High cholesterol levels don't cause heart disease
- A high fat diet, saturated or otherwise, does not affect blood cholesterol levels
- Saturated fats are not in any way damaging or dangerous
- Statins offer very little protection against heart disease and are not worth taking for most people, especially women
- Concepts of good and bad cholesterol are ridiculous and 'madcap'
- Statin drugs are the most profitable drug ever and make pharmaceutical companies billions and billions of dollars a year and this is why the cholesterol hypothesis continues to be so relentlessly promoted
- Matthias Rath (as supported by Linus Pauling) has part of the heart disease puzzle right when he talks about the role of low vitamin C levels in causing heart disease
- Statin drugs have many dangerous side-effects such as muscle pain, depression and progressive memory loss, death and hideous deformed babies when given during pregnancy
- Low cholesterol levels are bad for your health
- The war against cholesterol, using statins, comes close to a crime against humanity

I loved the comment that eggs are full of cholesterol 'because it takes a lot of cholesterol to make a healthy chicken' and that our brains need a good amount of cholesterol to function at all well. The idea of throwing away egg yolks and all their nutrition and eating just the whites, for supposed health reasons, is foolish in the extreme.

Overall I'd give this book and 8 or 9 out of 10. I had real problems with the quality of the last chapter however, and that chapter I would give a far lower rating, so I've compromised and given the book 3 out of 5.

I recommend skipping the last chapter entirely or taking it with a huge grain of salt and then reading excellent books on how to treat or avoid heart problems such as 'Detoxify or Die' or 'The Cholesterol Hoax' by Dr Sherry Rogers.

To say that heart disease is caused by emotional stress and to ignore homocysteine levels, omega 3 vs omega 6 imbalances, low vitamin C levels (as per Linus Pauling and Matthias Rath's research), the huge toxic load of people today (heavy metals, plastics and pesticides etc.), trans fats, the moving away from traditional and

nutrients-dense foods and mass nutrient deficiencies (including deficiencies of the major fat soluble vitamins such as A, D, E and K plus magnesium) is not good scientific writing. Stress is but one factor of more than a dozen significant factors and certainly is nowhere near the top of that list. The idea that stress is only a problem now, in recent times, is also hard to take seriously.

On the plus side, this book had one of the best styles of writing I have ever found in a health book. The first few chapters in particular were very enjoyable to read and even made me laugh out loud a few times!

I just wish the very poorly written and argued conclusion chapter had been omitted from this book, it really lets down what is otherwise an excellent book.

This book is essential reading if you're an egg yolk, cholesterol or saturated fat dodger and especially if you're taking a statin drug. Don't fall for the statin drug hype and be very wary of any doctor that does!

Jodi Bassett, The Hummingbirds' Foundation for M.E.

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## **Nana says**

Interesting new views are presented in this book. However the credibility is almost nonexistent since citations were neglected and you are supposed to find the resources used to support important arguments, by yourself. If you manage that is.

Which does not really speak for the quality of this book.

I would therefore not necessarily recommend this book.

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## **Tara C says**

I've tried and failed to finish this book twice - I'll try reading it again at a later point. His style of writing was extremely irritating, it was too chatty without giving me facts. The studies he used (at least up to the point I read to) were mostly ~10 years old, making them about 20 years old now - bit out of date for medicine. He has different views than the majority of people working in healthcare, but it's great that we have doctors that are truly invested in research and are willing to question pharmaceutical companies. However, I wish I hadn't bought this book.

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## **Jacques Bezuidenhout says**

Kendrick presents a very theoretical subject in a light hearted way, using a whole lot of dad-/corny-jokes. This might get too much for some, but I found it quite entertaining.

The content seems very well researched. With little cause to doubt the validity.

Where it does become a bit of an internal struggle, is the fact that it goes against everything that has been drilled into us our whole lives. And everything the medical industry is forcing on us.

- Cholesterol must be below 5

- Saturated fat is bad

- Statins are good
- There are Good cholesterol and BAD cholesterol

But it then presents the statistics around mortality if you were to try and adhere to the above, and that in most cases, it is either not making a difference, or you might be worse off.

It highlights some problems like:

- The medical industry profiting billions from statins
- Side effects of statins
- Side effects of low cholesterol
- Arguments that separate Cholesterol and heart disease into different issues

The final chapter probably needs to be taken with a grain of salt. But it did sit very well with what I believe, and have observed.

- Avoid / reduce / eliminate unnecessary stress
- Exercise ... all the time
- Use alcohol, don't abuse it
- Relax and socialise with friends
- Have fun

Not sure if this is a topic for everyone, but easily recommended book if you are interested in the topic.

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## **MEJ BURRELL says**

### **Superb!**

A brilliant, highly readable book. Malcolm Kendrick's passion and humour shine through the informative writing. The pharmaceutical companies can't profit from stress reduction, but they make money from the drugs they sell us.

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## **RICHARD TAYLOR says**

Superb and incredibly detailed but punchy and fun book!

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## **Glyn says**

I'm afraid I had to abandon this one. I couldn't get on with the writing style. Whilst it seems approachable and not too science-y, some points are skipped over with insufficient exploration, whilst others are laboured well beyond what's necessary.

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## **Mariyan Traykov says**

### **Thoroughly informative and utterly amusing**

This is one of the general knowledge books i would recommend anyone to read. The author dismantles to pieces the classic 'saturated fat diet->blood cholesterol->heart disease' hypothesis with plenty of well-presented arguments and demonstrates the fallacies and ignorance which are unusually prevalent in modern science. Also, Dr. Kendrick has great sense of humour which makes the book extremely readable.

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## **Nora says**

For anyone who has been put on a statin drug or told their cholesterol levels are too high, this is a **MUST READ!** Who decides what the safe levels are? You will be shocked, appalled, and disgusted. It's a con all right. Who conducts the studies? Researchers paid by drug companies selling the statins. How do they get those studies to come out in their favor? Discard the studies that show how unsafe the drugs are. Doctors don't have a clue.

Truly a remarkable book, well written, researched, and told with a dry wit that made me chuckle even as I vowed to make sure I never go on a statin.

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## **Debra Faust-Clancy says**

Best book on why **NOT** to take statins and an a good expose on publish or perish for the medical field.

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## **Daniel says**

I'm giving this book a 4 only because Kendrick can be annoying at times with his Dad humor.

Otherwise, it's a well-researched compelling book that debunks a lot of the conventional wisdom we associate with high cholesterol being bad. Cholesterol doesn't end at a figure below or above 200. Even LDL itself has different particles than are dense and more susceptible to oxidation (Pattern B) vs. Large, buoyant LDL particles which do not easily penetrate endothelial walls (Pattern A).

He points to the higher incidence of stroke in countries such as Japan despite the fact that they have low cholesterol levels. Additionally high cholesterol levels do not point to an increase in overall mortality. From memory, a restriction on fat, saturated fat and cholesterol also had a statistically significant impact on incidence of dementia.

Despite what doctors and Big-Pharma will have us believe, cholesterol is a vital component of our bodies. It regulates numerous biological processes, comprises a large part of the brain and is vital for sex hormones.

A thought-provoking (and necessary) read if you believe your health lies in 1 number to determine your susceptibility to heart disease and future health.

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**Edelhart Kempeneers says**

Een uitzonderlijk interessant boek. Ik kijk nu met heel andere ogen naar de gegevens rond cholesterol, triglyceriden en cardiovasculair risico.

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**Julie Hotchkiss says****Robust dismissal of the heart / diet relationship**

I have been working in Public Health for the last 30 years. I now find out that what I held to be proven in relation to cholesterol levels and cardiovascular disease is nothing of the case. It will be hard to break out of the mindset that a fatty diet leads to atherosclerosis. I now need to read up on the details of how statins lower (or not) mortality.

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**Miranda Ramirez says**

Another great read from the cheeky and brilliant Dr Kendrick! I would highly recommend this book for anyone that wants an easily digestible synopsis on the diet-heart hypothesis, why it's wrong, and what we really should be focused on.

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**Bill says****Excellent read and thought provoking**

This is a wonderful book with many pieces that made laugh out loud, but the subject matter is serious and should be read. Great incite very well told with the final part being quite thought provoking. Highly recommended

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