



# Cholesterol Conspiracy: Heart Health Without Drugs

*David R. Hastings Lloyd*

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## **Cholesterol Conspiracy: Heart Health Without Drugs** David R. Hastings Lloyd

Cholesterol Conspiracy: Heart Health Without Drugs is a powerful, thoroughly researched book illustrating the myth that cholesterol causes heart disease. This book also provides you with potent steps to take in order to reduce your heart disease risk today! In the first section, this book explains what fats are and what they do. It explains what natural fats are good for you, and which synthetic fats promote disease. This information is vital to having a healthy heart. It is also important because if you don't understand fat, you can't understand its true role in heart disease. In the second section of this book covers the shaky foundation of the theory behind why we have been told that fats cause heart disease. You will learn about the lucrative connection between sugar and the government, and you will find out how you have been manipulated into following a lifestyle that encourages you to need prescription drugs. The third section of this book provides human clinical studies that show cholesterol has never been directly proven to have anything to do with heart disease. The information regarding this part of Cholesterol Conspiracy is heavily referenced with clickable links to the studies quoted. This information is very powerful and at times very surprising. Section four illustrates the side effects of taking cholesterol reducing drugs. Further, these side effects are explained so you can understand why these drugs cause the problems they do. This is an important factor in helping you to shift your thinking about the true causes of heart disease. It is shocking that we are taking drugs with over 300 listed side effects! In section five the main factors proven to promote to heart disease are discussed. These aspects are examined in detail so you can take action to decrease your risk of heart disease today! In the final section of this book, three simple steps are provided so you can take control of your heart disease risk **WITHOUT DRUGS!** Each one of these steps relates to the known factors associated with the development of heart disease. In the appendix there are detailed food charts regarding content of: potassium : sodium, fructose : glucose and various omega 3:omega 6 fat levels in nuts, meats, fish and seafood. This information is vital in protecting your self against the known causes of heart disease. The statements in this book are backed by scientific references.

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