



The Cholesterol Myth: The Biggest Medical Conspiracy of The Last 50 Years

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With all the hype about cholesterol one would think that heart disease would be all but wiped out. Sadly this is not the case, heart disease is still the number one killer. The cholesterol theory of heart disease has been shown to be invalid time after time. Homocystine and CRP are far more accurate predictors of heart disease. Inflammation causes the oxidation of LDL which contributes to cholesterol buildup in the blood vessels. Read on to find out what you can do to restor your LDL/HDL balance.

You need cholesterol; You need it desperately. Every Cell in your body cries out for it. Life without cholesterol is miserable. You will be weak, slow, frail, and impotent.

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