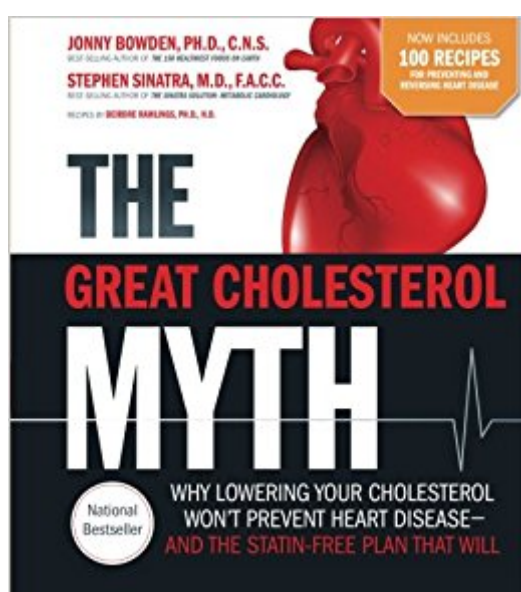


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# The Great Cholesterol Myth Now Includes 100 Recipes For Preventing And Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and The Statin-Free Plan That Will



## Synopsis

In *The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease*, nutrition and health experts lay out detailed plans and recipes to help you prevent and reverse heart disease.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (47 customer reviews)

Best Sellers Rank: #16,569 in Books (See Top 100 in Books) #8 in [Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol](#) #17 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#) #17 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#)

## Customer Reviews

Cardiologist Dr. Stephen Sinatra MD is RIGHT ON THE MONEY. We owe my husband's continued life to the TRUTH as revealed by Dr. Stephen Sinatra as he discusses in his books including *The Sinatra Solution: Metabolic Cardiology* and *Earthing: The Most Important Health Discovery Ever?*. When I heard *The Great Cholesterol Myth* was coming out I quickly nabbed a copy from our local library - I have since purchased a copy here on [Amazon](#) to be able to share with our many friends who are overly concerned with their cholesterol to the detriment of over-looking inflammation. Be sure to get the NEW & UPDATED 2015 version of *The Great Cholesterol Myth Now Includes 100 Recipes*. *The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will* Dr. Sinatra discussed *The Great Cholesterol Myth* in good detail on the Dr. Oz show. Both Dr. Oz and Dr. Sinatra have publicly stated they no longer believe so many people should be prescribed statin drugs and they both have discussed why children should NOT be taking statin drugs.

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