



Cholesterol is Not the Culprit: A Guide to Preventing Heart Disease

Dr Fred Kummerow

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You will find a lot in this book related to diet and heart disease; it is the number one cause of death in the U.S. and throughout much of the world and also the focus of the majority of my career. To me, researching diet and heart disease is like being the detective in a good mystery book who follows clue after clue and finally comes up with an unexpected answer. The detective is always trying to find out who and what killed the person. Some detectives view cholesterol as the killer in heart disease, but I show you why that's not so. I hope in reading this book, you'll not only learn what is healthy to eat, but also why it is healthy to do so. How the body uses food to make what we need to keep going is an incredible, almost magical, process. We, as well as all animals and plants, are not programmed to live forever, but we can certainly increase the number of high quality years of life. Fred A. Kummerow This is a newly updated edition of a book previously published as: Cholesterol Won't Kill You But Trans Fat Could. Separating Scientific Fact from Nutritional Fiction.

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