

Dwight Lundell The Cholesterol Lie - Why Inflammation Kills Review

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June 4, 2010 - [PRLog](#) -- This is a rather different approach in treating cardiovascular problems. Most patients with cardiovascular complications are found to have clogged or hardened blood vessel. A lot of people believed that extremely high levels of cholesterol are the root of this dreadful disease and believed to have come from consumption of high fatty foods. There is more truth to be discovered with The Great Cholesterol Lie than this old time belief. Inflammation is the real reason why 850,000 people die every year from heart disease. Here's why inflammation kills review.

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Dr. Dwight Lundell revealed in his book The Great Cholesterol Lie. The truth about lowering cholesterol level will not lower your risk of having heart disease, attacks or strokes. Rather, it is inflammation that is reason to heart disease occurrence. In his new book, The Great Cholesterol Lie we learn inflammation is neither complicated nor mysterious. It is your body's protective response to a germ, bacteria or foreign invader threatening your life that is, until it goes horribly wrong.

The truth about cholesterol is that it is vital and not evil. It is vital in a sense that even our body produces cholesterol because it is essential for human life. Clinical studies have shown that lowering the cholesterol in your diet has little to no effect on the amount that ultimately circulates through your blood stream.

With The Great Cholesterol Lie, you will learn why lowering your cholesterol intake is not helping lower your risk of heart attack and may actually be doing you more harm. You will learn how a healthy heart is meant to function and how you can keep it that way simply and easily. You will also learn how to recognize the signs of heart attack and the best course of action to ensure you survive.

Dr. Lundell's recommendations are easy to follow, so simple to implement and meant to last your life time. Visit The Cholesterol Lie website today.

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This author writes about Stop Bed Wetting Today at
<http://www.slideshare.net/bencampbell/stop-bed-wetting-to...>

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Source Dave Moore

Industry Health and fitness

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