

**Cholesterol Is Not The Culprit: A Guide To Preventing Heart Disease
By Dr Fred Kummerow .pdf**

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The truth about dietary fat & cholesterol. Busting the mainstream myths to explain that eating cholesterol does not raise your cholesterol.

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The biggest culprit is in fact, inflammation and oxidation. Injuries to the vascular wall (triggered by anything from high blood pressure to toxins) cause oxidized

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so an individual will develop the disease only if he or she Our Palestinian tour guide, are probably on your "avoid" list to prevent a heart attack

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Cholesterol that has not been used properly by the body is the problem rather than cholesterol in the food itself. Cholesterol is Not the Culprit

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