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High Cholesterol:
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Dr. Jonny Bowden
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expert Jonny Bowden
lays out a detailed
meal plan and 100
delicious and
nutritious recipes that
will prevent and
reverse heart disease,
target key factors like

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inflammation and HDL
cholesterol, provide
key nutrients, and
give you back foods
you thought were
gone forever.

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Bowden, Jonny,
Sinatra, Stephen,
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(ISBN:
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Myth Cookbook,
written by Jonny
Bowden, Stephen
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Rawlings, is a
companion to the
bestseller, The Great
Cholesterol Myth, a
book that exposes the

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Great cholesterol is
the cause of heart
disease.

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Through The Great

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Cookbook, Dr's

Sinatra and Bowden

explain how

substituting grains

and carbohydrates for

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fat and healthy proteins in traditional "low cholesterol" diets may actually exacerbate heart health issues. Their book illustrates how a diet that is low in sugar and other inflammatory foods and ingredients, but high in healthy fats, protein, antioxidants, and key nutrients is

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the best course of
action to prevent and
reverse heart disease.

The Great Cholesterol
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Foundation for ...

About The Great
Cholesterol Myth

Cookbook. May 27,
2014 / 10:52 am

Stephen Sinatra. By
Stephen T. Sinatra,
M.D., F.A.C.C.,

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F.A.C.N., C.N.S.,
C.B.T. A detailed, yet
easy-to-understand
explanation of what it
really means to eat for
heart health. For
decades, low-fat and
low- cholesterol diets
have been touted as
the way to prevent
and reverse heart
disease.

The Great Cholesterol
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authors and nutrition
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Rawlings, Ph.D., put
their findings into
action with a detailed
meal plan and 100
delicious and
nutritious recipes that

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will prevent and reverse heart disease and give you back the foods you thought were gone forever. Learn how to live a life free of heart disease without the use of harmful statin drugs.

The Great Cholesterol
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Recipes and Meal ...

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Dr. Bowden and Dr. Sinatra debunked the myth about the effects of cholesterol on human heart. The book has a plethora of research anecdotes and experiments by leading scientists and physicians to prove that it's not cholesterol or saturated fats which causes heart problems but

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Inflammation, Sugar
and Stress. Sugar is
the only dietary
product which has
proven impacts on
human heart and
accelerates the
process of
inflammation which
forms a plaque
leading to blockage of
arteries. The authors
also chall

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The Great Cholesterol
Myth: Why Lowering
Your Cholesterol ...

Recently, however,
the role of cholesterol
in heart disease has
been debated. A few
weeks ago I ran into
a new book on the
subject, called "The
Great Cholesterol
Myth" written by
nutritionist Jonny
Bowden, PhD, and

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cardiologist Stephen
Sinatra, MD. At first
sight, I wasn't
interested in the book.
Recipes And
Exploring "The Great
Cholesterol Myth" -
Doc's Opinion
Now, in The Great
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Cookbook, the
authors and nutrition
expert and whole
foods chef Deirdre

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Rawlings, Ph.D., put their findings into action with a detailed meal plan and 100 delicious and nutritious recipes that will prevent and reverse heart disease and give you back the foods you thought were gone forever. -

Learn how to live a life free of heart disease without the

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This book covers
blood levels of
cholesterol,
cholesterol in the diet,
and drugs to lower
cholesterol, and while
not everything we
hear is a myth, a lot of

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it is. The authors make the following claims, and support them with good references to key articles. Firstly, the relationship between blood cholesterol levels and heart disease is, at best, weak and certainly more complicated than often portrayed.

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Book Review: The
Great Cholesterol
Myth | Dr Joe Today
"The Great

Cholesterol Myth, by
Jonny Bowden, Ph.D.,
and Stephen Sinatra,
M.D., goes far beyond
the standard
information and
advice for anyone
worried about heart
disease. The style is
breezy and easy to

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read, but the information is solid and will surprise many readers. A must for anyone who needs to combat heart problems."

The Great Cholesterol Myth: Why Lowering Your Cholesterol ...

Title: The Great Cholesterol Myth
(2012) Authors: Jonny

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Bowden and Stephen
Sinatra Publisher: Fair
Winds Press There is
nothing ...

Prolotherapy: the
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my blogs have a
recurring theme: an
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sounds great
(biologically
plausible), has great
early results, but on

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their findings into

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