



Low Cholesterol Leads to an Early Death: Evidence from 101 Scientific Papers

David Evans

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Are you worried about high cholesterol? The scientific evidence in this book will shock you! The statistics from the scientific literature actually show that having LOW cholesterol means you are more likely to die earlier. The 101 scientific papers in this book show: ; Low cholesterol levels are associated with a shorter life. Low levels of HDL and LDL cholesterol are linked to a shorter life-span. High cholesterol does NOT cause heart disease. Low cholesterol leads to illness and death in many diseases and conditions. Statin drugs and low-fat diets may lead to higher death rates. Saturated fat can give protection from heart disease. Cholesterol is an essential substance needed for a long healthy life. This book is based on the research of doctors, professors and scientists and includes 101 scientific papers, the findings of which are explained in an easy to read user friendly format. This information will enable readers to make informed choices about the alleged wisdom of actively trying to lower their cholesterol levels.

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