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Stop Worrying About Cholesterol! Better Ways to Avoid a Heart Attack and Get Healthy

Richard E. Tapert D.O.

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Stop Worrying About Cholesterol! challenges the current official opinion that consumption of animal fat and cholesterol are the cause of our epidemic of heart disease and heart attack death. The author exposes the bad science, bias, and conflict of interest that has characterized the demonizing of cholesterol. He exposes the irrationality and the profiteering behind the ongoing focus on the lowering of blood cholesterol levels by diet and dangerous drugs to treat and prevent heart disease. The real causes of heart disease and its rational prevention and treatment by natural means are elucidated.

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