



Cholesterol & The French Paradox

Frank Cooper - Naturopath

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What should you do about your cholesterol? Popular opinion is that cholesterol is a terrible substance that causes heart disease. Yet medical researchers that operate independently (meaning no ties to big pharmaceutical companies) state that cholesterol is a fundamental material that the human body needs for good health, avoiding cancer, and for clear thinking and strong memory abilities. And what is the perfect cholesterol level? Well the normal cholesterol levels in France for males in the 46-64 age group is between 200-278 mg/dl (Equiv USA level 5.1 - 7.1 mmol/L) and heart disease is very low in France. So the perfect cholesterol level must be within that range, and the closer it is to the midpoint of 6.1 mmol/L (235 mg/dl), the better. Furthermore, it is not widely known, but the dry weight of the human brain is 8% pure cholesterol. Consequently tampering with your cholesterol level is very dangerous for some individuals, because a number of people taking cholesterol-lowering drugs have developed an irreversible Alzheimer-like disease. This book provides a balanced view and understanding of cholesterol as provided by leading medical researchers. Importantly, the book explains what causes cardiovascular disease and how to avoid it.

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