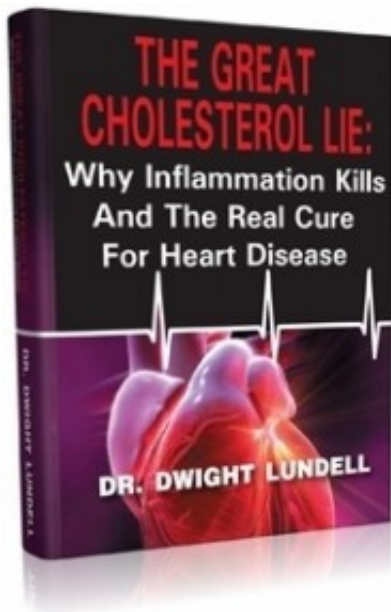


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# The Great Cholesterol Lie Review



Dr. Dwight Lundell, author of "[The Great Cholesterol Lie](#)" and thoracic surgeon with over 25 years experience, has discovered the truth about cholesterol and heart disease. All of us who have grown up or have lived in the United States for any length of time have been taught what we know as "the proper way" to eat, aka the Food Pyramid.

However, after 5,000 open heart surgeries and seeing countless heart patients who don't smoke, aren't obese and eat "healthy", Dr. Lundell began to study the real cause of heart disease. Guess what he discovered? Cholesterol isn't the culprit.

If you're like me, this news may cause you to want to stop reading this right now, but don't. This news is life changing and lifestyle changing. If you discovered that everything you've been taught about "healthy" eating and living was wrong, you'd want to spread the word too and get this information into the hands of as many people as possible. And that's what Dr. Lundell has done.

In his book, [The Great Cholesterol Lie](#), Dr. Lundell proves the real culprit behind heart disease and tells you how to prevent it. But be prepared, it's not what you think. The way we've been taught to eat according to the government, i.e. low-fat, low-cholesterol, is actually doing more harm than good. Dr. Lundell goes onto show how cholesterol is vital for our blood, tissues and organs in order to function properly.

If you're dying to know what the real culprit is to heart disease, I will tell you...it is inflammation. So, before you go running to your doctor for a prescription for one of those statins, take the time to read "The Great Cholesterol Lie".

Dr. Lundell not only tells you the real culprit behind heart disease, he also teaches you how to eat right (right as in what foods are really good for your body). He tells you why some people never have to suffer from heart disease, even when they are on a high cholesterol diet. "The Great Cholesterol Lie" also gives you tips for how to eat healthy at restaurants and what to watch out for.

The Great Cholesterol Lie is \$49.95. But because Dr. Lundell cares about your health and wants you to truly understand the right way to eat and change everything you've ever been taught about eating, he is throwing in over 3 hours of interviews with other expert doctors who have learned the truth about cholesterol too. Get off the statins and start living again with The Great Cholesterol Lie by Dr. Dwight Lundell. [Click here to learn more](#)

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