



Ignore the Awkward.: How the Cholesterol Myths Are Kept Alive

Uffe Ravnskov

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The cholesterol campaign is the greatest medical scandal in modern time. If you have read the author's previous books 'The Cholesterol Myths' (out of print) or 'Fat and Cholesterol are GOOD for You', you should know that for certain. For instance, according to more than 25 scientific studies old people with high cholesterol live the longest. Another shocking fact is that the authors of a recent American study of more than 130,000 patients with acute myocardial infarction found that on average, their cholesterol was lower than normally. Their finding has already been confirmed by others. What they also found was that three years later, mortality was twice as high among those whose cholesterol was the lowest. Their conclusion? We must lower cholesterol even more! But there is much, much more. The author's aim with this book is to show how prominent scientists have turned white into black by ignoring all conflicting observations; by twisting and exaggerating trivial findings; by citing studies with opposing results in a way to make them look supportive; and by ignoring or scorning the work of critical scientists. Those who have not read his previous books may not quite understand the width of these misleading processes. He has therefore included a short and simplified review of the most obvious contradictions to the cholesterol hypothesis. At the end he presents what he and his colleague Kilmer McCully think is the real cause, here told in a more simple way than in his previous book.

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