

The Great Cholesterol Myth

I am so excited that finally two doctors have spoke out about the myths of Cholesterol and have now shown us the world is NOT FLAT but that we do have **CHOICES** when it comes to our health.

Here is a very short clip from the Dr. OZ show. [The Great Cholesterol Myth](#)

Find out why you should not take statin drugs if you are a woman and why the **PARTICAL SIZE** blood test for your LDL is so important.

If you have any concerns about your cholesterol please take the time to read both lengthy articles and share all with your friends and family.

[Learn the Facts: Cholesterol](#)

[Cholesterol Facts vs. Myth](#)

In searching for the above video from the show I found these. Oh my, oh my, could this be you?

[Are you addicted to Wheat? Part 1](#)

[Are you addicted to Wheat? Part 2](#)

[Are You Addicted to Wheat? Part 3](#)

Yes, more and more doctors are beginning to speak out against bread, pasta and all things made of flour. As, Dr. Andrew Weil, M.D. says, "Once you grind any grain you remove all the nutrients and are left with nothing but pulverized starch which converts to sugars in the body."

And, as you will hear from all physicians, sugar in the blood stream is like shards of glass ripping open your arteries and leaving gaps for TINY patches of cholesterol to attach themselves, causing all kinds of problems.

It is the **SUGAR** and the **FLOUR** and the **TRANS FATS** that are killing us.

The Answer: An [Anti-Inflammatory](#) shopping list and recipes to keep your heart healthy.

