



Cholesterol and Saturated Fat Prevent Heart Disease

David Evans

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These 101 scientific papers reveal... ..cholesterol and saturated fat are in fact essential for a healthy heart. ...high cholesterol levels help you live longer. ...high carbohydrate diets promote the factors that cause heart disease. ...margarine is an industrially produced unhealthy product that should be avoided. ...the cholesterol/saturated fat causes heart disease hypothesis has never been proved. This book is based on the research of doctors, professors and scientists and includes 101 scientific papers which are explained in an easy to read user friendly format. This information will enable readers to make informed choices about the prevention of heart disease.

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