

If you're reading this and you're over 45, the British Heart Foundation says your odds of a devastating heart attack or stroke are greater than one-in-three.

That's 198,000 of us each year... more than one every two minutes...23 each hour... and 542 every day. Think jumbo jet, packed to capacity, going down over the UK, 365 days a year!

Yet despite saying the majority of heart disease is "potentially preventable", they fail to address the true cause – and give not a single word on their website about the most natural way you can prevent it and maintain a disease-free heart!

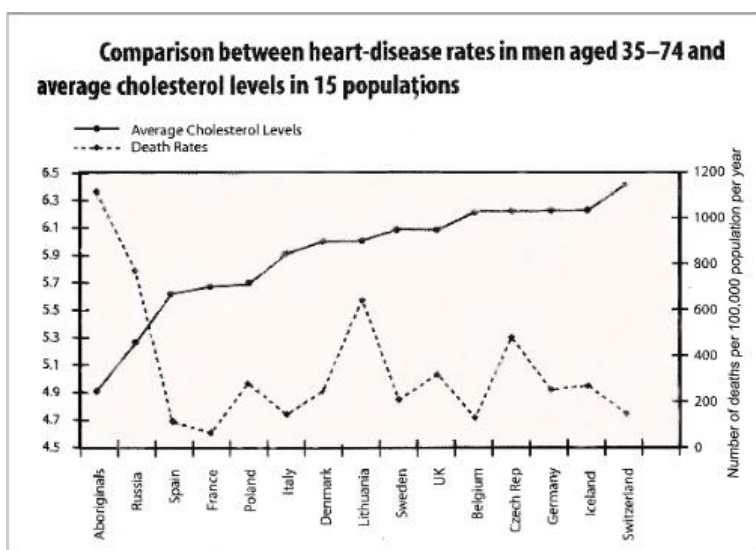
Dr. Malcolm Kendrick proves cholesterol is not the culprit at a recent British Medical Association (BMA) meeting

Conventional medical wisdom says cholesterol is the demon that *causes* heart attacks and strokes. And while there is no question cholesterol is in the plaque that builds up in your arteries, it's not the full story.

It's true plaque sticks to the walls of your arteries... blocks blood flow... pushes up your blood pressure and triggers heart attacks and strokes.

Yet conventional thinking misses one vital distinction. It's the build-up of plaque that is dangerous, NOT the mere presence of cholesterol!

In fact, results from the "gold standard" Framingham Heart study – running for 16 years at the time and following 5127 people – shows 75 percent of folks who have heart attacks have normal cholesterol.



Dr. Malcolm Kendrick also says raised cholesterol DOES NOT cause heart disease at a recent BMA meeting in Leeds. His graph (left), produced using data from the World Health Organisation's MONICA project, shows the comparison between heart disease and cholesterol levels in 15 populations, and proves there is no relationship.

And a recent "meta study" – a study of many studies – involving thousands of patients covering more than 40 years, goes even further!

Published in the prestigious and peer-reviewed *Quarterly Journal of Medicine*, it drives a cart and horses through the whole high cholesterol fairy story, when it concludes: **"... rather than promoting [blocked arteries], high cholesterol may be protective [against blocked arteries], possibly through its beneficial influence on the immune system."**

So as cholesterol makes plaque it IS implicated in heart attacks, but IS NOT the cause!

25 year veteran heart surgeon reports true cause of heart disease

Enlightened doctors and surgeons all across the world are waking up to the true cause of heart disease. And nobody knows hearts as intimately as Dr. Dwight Lundell, a cardiac surgeon who's performed over 5000 open-heart surgeries.

In his book *The Great Cholesterol Lie* he says one of the main triggers of heart disease is...

■ **Oxidation:** Think vicious molecules – from your environment, unnatural diet, and as the normal by-product of energy production – roughing up the delicate lining of your arteries, like oxygen rusting a wet iron bar.

With the true #1 cause of heart disease being, INFLAMMATION:

Picture... redness and swelling on that rusty-like surface, as your immune system tries to repair it.

In this heart disease tragedy, cholesterol is just one of many actors, and NOT the lead role.

Scene 1: Those carnivorous molecules – called free radicals – scream around your body, rip shreds out of your arteries, damage cholesterol and eat any other tissues in their path. This is oxidation and it's a major factor in heart disease, cancer and premature aging.

If the cholesterol in your blood doesn't get damaged by oxidation, it moves harmlessly through your arteries doing its vital work – which includes making hormones critical to good health. So it's not *high* cholesterol you should fear, it's *oxidised* cholesterol.

Scene 2: In an attempt to repair the artery, your immune system kicks into action and patches up the scarring with oxidised cholesterol. In fact, soft plaque is mainly oxidised LDL cholesterol, and immune system cells.

If the damage is only small, then your immune system response is limited. And just like when you cut your finger it produces acute inflammation and healing.

But if you constantly bombard your arteries with free radicals, you continuously cause oxidation – and this results in never ending, chronic inflammation.

Therefore, just as acute inflammation cures, chronic inflammation kills!

