



Cholesterol Clarity: What The HDL Is Wrong With My Numbers?

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Are you confused by what your cholesterol levels really say about your health?

Don't you wish someone could just spell it out in simple, easy-to-understand language and tell you what, if anything, you need to do about your cholesterol? Good news! That's precisely what *Cholesterol Clarity* is designed to do. Jimmy Moore, a prominent and highly respected health blogger and podcaster, has teamed up with Dr. Eric Westman, a practicing internist and nutrition researcher, to bring you one of the most unique books you'll ever read on this subject, featuring exclusive interviews with twenty-nine of the world's top experts from various fields to give you the complete lowdown on cholesterol. If you're worried about any confusing medical jargon in this book, don't be—this critical information is broken down for you to grasp what is really important and what is not.

You won't find this kind of comprehensive, cutting-edge, expert-driven cholesterol information all in one place anywhere else. Has your doctor told you your total and/or LDL cholesterol is too high and thus requires you to take immediate action to lower it? Has the solution to your "high cholesterol" been to cut down on your saturated fat intake, eat more "healthy" whole grains and vegetable oils, and possibly even take a prescription medication like a statin to lower it to "desirable" levels? If so, then this is the book for you. Learn what the real deal is from some of the leading experts on the subject. Not only will *Cholesterol Clarity* tell you what your cholesterol tests—LDL, HDL, triglycerides, and other key cholesterol markers—really mean, but it will also arm you with nutritional guidance that will lead you to optimal health. Are you ready to find out what the HDL is wrong with your numbers?

Within the pages of this book you'll learn invaluable lessons, including:

- Why your LDL-C and total cholesterol numbers may not be as important in determining your health as your doctor may think
- The undeniable negative role that chronic inflammation plays in your health
- Why cholesterol-lowering statin drugs don't necessarily solve your heart health concerns
- Why your doctor should be testing for LDL particles and particle size when measuring cholesterol
- Why HDL and triglycerides are far more predictive of health concerns than LDL-C and total cholesterol
- Why consuming foods with saturated fat is good for you, and why carbohydrate-based foods can be detrimental to attaining the best cholesterol numbers
- Why a growing number of physicians, researchers, and nutritionists believe treating cholesterol numbers is virtually irrelevant

Contributing Experts Include:

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From Reader Review Cholesterol Clarity: What The HDL Is Wrong With My Numbers? for online ebook

Brenda Humphreys says

I did not like the book at all. The same information was told over and over again. The main points of the book are the following:

- Do not take statin drugs. Many doctors prescribe statin drugs to patients with high cholesterol.
- Eat a high-fat low carb diet.
- High cholesterol is good.

I did not gain any other knowledge besides those three things. I already know about the ketogenic diet and the great benefits from eating a high fat, low carb diet.

The majority of the book is quotes from several experts, which are highlighted at the beginning of the book. Jimmy Moore, the author, has a few things to say with some testimonies. But mostly the book is a collaboration of one or two paragraph comments from experts pasted into a document to create a book.

I wanted to read this book because I loved the recipe book he co-authored, “The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body”. I do recommend this book.

<https://amzn.to/2EqAsEu>

Joe says

I preferred The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It by Malcolm Kendrick.

Malcolms book was written for the UK market and I provided a lot more detail on scientific studies. Cholesterol Clarity did also provide lots of scientific information but not is as great detail. I felt it was dumbed down for a less intelligent reader with a lot more anecdotes and sound bites from Dr's rather than in depth information.

That said the message of both books is the same. Overall mortality is virtually unchanged regardless of your Cholesterol level. A slightly higher chance of heart disease is offset by a lower chance of stroke. High levels can suggest underlying conditions, stress or inflammation. Statins make virtually no impact on overall mortality and often just change the cause of death without resulting in increased lifespan. A life lived on statins is often fraught with numerous harmful side effects.

Many problems can be solved by reducing or eliminating sugar, particularly process sugar and focusing the diet more on healthy fats (basically anything natural and not processed trans fats).

Worth reading but if you are UK based I would advice looking at the back of the book first and converting your Cholesterol readings in to the US measurments so you can more easily follow where you fit within the

ranges they refer to many times using these US standards.

My other concern is that many of the additional blood tests they refer to are unlikely to be available on the NHS.

Ajitabh Pandey says

A very informative book about cholesterol. However, it is very focused on western way of life. Vegetarian people do not have many options to have animal fat, other than cottage cheese etc. Also, I believe it is better to follow your staple diet for which your body is used to rather than abruptly changing the diet to control some numbers. Different cultures have different numbers. Regular exercise and stress free lifestyle is better than diet.

Katie says

The most current (as in the past 20 years) of research clearly shows that heart health is dependent on much more than just cholesterol levels. There are both better ways to assess and maintain heart health than simply keeping our cholesterol low. This message needs to get out there because the mainstream media and medical advice is decades behind this. The message needs to get out there and books like this are really important. Unfortunately although I really wanted to love the book it isn't quite as clear as the title suggests. I think the research is good and the experts are well selected. You provide a lot of information that hasn't made it to the general public yet, some of which will save lives. It is just that I think the field of heart disease research is still working through theories which are not all completely formed. This lends itself to occasional fuzziness in some areas. It is also challenging to be talking about a new paradigm of cholesterol interpretation and heart research when we aren't quite ready to fully let go of the old. You spend an entire chapter telling us why high cholesterol is actually better for you (particularly women) but then in the quiz in the back give healthy scores to people with really (sub 150) cholesterol scores. How does this work? I feel bemused. Perhaps if you had spent more time explaining the ratings for the profiles in the back it would be clearer to me. I liked the quiz, it just confused me and left me feeling very unclear about all that I had just read. So I do like the book. I think this is information needs to get out to the general public. Stop being afraid of fat! Cut your carbs not your fats! Get better tests rather than just a basic lipid panel! I'm behind that 100%. Unfortunately, the choppy nature of the writing (all those expert opinions are great but didn't flow very well) and some small inconsistencies made it a little confusing. So I'll certainly be sharing parts of this book but I find it hard to recommend as a whole package to anyone who isn't really serious about wrestling with some hard ideas. Because we may know a lot more about heart health than we ever did before and a lot of what we think we know is wrong, but we still aren't completely clear on all the moving pieces of the puzzle.

Msimone says

This is a very readable explanation about how to read your lipid panel. The book asserts that LDL and cholesterol numbers are meaningless in isolation when predicting potential for heart disease. Advanced cholesterol testing is necessary to analyze blood cholesterol levels correctly. cholesterol is very important to your body and low HDL can be worse than high HDL to heart health. Statins are overprescribed because of the overwhelming medical evidence that there is a correlation between heart health and cholesterol levels.

The book advises to look closely at all the numbers and focus more on diet, nutrition and exercise when treating cholesterol. Also, the author advises to look closely at what kind of LDL particles- large or small constitute your total LDL count. Not all doctors will run the tests to perform this analysis. Food is more powerful than statins in the battle for heart health. Triglycerides together with small LDL-P are increased by a high intake of carbohydrates. So Lessening carbohydrate intake could be as effective as statins in lowering bad cholesterol. In fact this book describes in detail how a low carb, high fat diet can actually increase good cholesterol -HDL and decrease triglycerides. When you read your basic cholesterol panel, the most important numbers to look at are HDL-good cholesterol which should be high, and VLDL or triglycerides which should be low. LDL is meaningless unless you know whether the particles are small or large. Not many people understand the complexities of understanding their cholesterol numbers, the book helps decipher the numbers, makes some suggestions as to a diet that counters what your doctor might recommend. The take away is before you decide to take statins, understand what your lipid panel numbers mean by requesting additional testing than the basic lipid panel even if you have to bear the cost of the extra lab tests. Eating well is the best prescription to good health.

Caroline says

An excellent book for anyone following (or interested in following) a ketogenic/low carb diet, and who is concerned about their cholesterol level, particularly if you live in America.

Very well written and easy to understand - well, most of it - and all possible avenues are explored in depth.

Note - for those living in Britain and perhaps other countries too: You will need help understanding the figures in the book. On page 236 there is a cholesterol conversion chart.....mg/dl to mmol/L , and on page 238 there is a triglyceride conversion chart for mg/dl to mmol/L. But the book does not contain conversion figures for HDL and LDL readings for those of us in Europe, which I found rather limiting.

Finally, it's difficult to write a medical book with humour, but Jimmy Moore has succeeded, and his enthusiasm is wonderfully catching.

Jodi says

Cholesterol Clarity explains that the cholesterol hypothesis is well and truly dead! The current obsession with cholesterol levels and avoiding saturated fat and cholesterol in the diet is utterly misguided.

This book was very convincing on this point but if you'd like a far more in depth explanation and history I'd highly recommend 'Good Calories, Bad Calories' by Gary Taubes. This book is also impeccably referenced and argued.

This book explains that:

- High cholesterol levels don't cause heart disease
- A high fat diet, saturated or otherwise, does not affect blood cholesterol levels
- Saturated fats are not in any way damaging or dangerous

- Statins offer very little protection against heart disease and are not worth taking for most people, especially women
- Concepts of good and bad cholesterol are ridiculous and 'madcap'
- Statin drugs are the most profitable drug ever and make pharmaceutical companies billions and billions of dollars a year and this is why the cholesterol hypothesis continues to be so relentlessly promoted
- Matthias Rath (as supported by Linus Pauling) has part of the heart disease puzzle right when he talks about the role of low vitamin C levels in causing heart disease
- Statin drugs have many dangerous side-effects such as muscle pain, depression and progressive memory loss, death and hideous deformed babies when given during pregnancy
- Low cholesterol levels are bad for your health
- The war against cholesterol, using statins, comes close to a crime against humanity

I'd also recommend *The Great Cholesterol Con* by M. Kendrick (aside from the last chapter which is not great) or *The Cholesterol Myths* by Uffe Ravnskov or Mary Enig PhD's book on healthy fats and oils. Reading excellent books on how to treat or avoid heart problems such as 'Detoxify or Die' or 'The Cholesterol Hoax' by Dr Sherry Rogers and books on diet by Nora Gedgaudas and others would be a good next step for health.

Cholesterol Clarity is an easy read, if a bit repetitive and needlessly long. All the MANY quotes by doctors throughout were brilliant! I'm a big fan of living as healthily as you can and putting your focus and money there and then not bothering to get all the complex triglyceride tests etc. - as were some of the doctors quoted in this book so eloquently. So I'd have preferred all the complex cholesterol testing information in this book to be relegated to an appendix at the back and taken out of the main text.

This book (or another one like it) is essential reading if you're an egg yolk, cholesterol or saturated fat dodger and especially if you're taking a statin drug. Don't fall for the statin drug hype and be very wary of any doctor that does!

Jodi Bassett, The Hummingbirds' Foundation for M.E. (HFME) and Health, Healing & Hummingbirds (HHH)

Louise says

Despite the author's sensationalism and the repetition, this was a very interesting read. It should be clear to everyone that whatever the world is doing with regards to nutrition, somewhere we've gone horribly wrong and the obesity, diabetes, heart disease epidemic is just snowballing. This book has definitely got me thinking!

Michael Gajda says

A book that clarifies a lot and will definitely help anyone to understand issues involving cholesterol that may be of interest. It will also help you learn more about nutrition and how to be a better spokesperson for yourself when meeting with you doctor. You may find out that you know more than they do after reading this book. Easy to read and clear in its message and information.

Sam says

Lots of talk and references to supposed experts... but I was never convinced. Lacked solid scientific explanation. Can make a case for anything with quotes of others, but simple biological explanation of why would help. I got bored quickly with his approach. Similar issue with Keto Clarity. I'm sure there is something there, but he did not sell me.

Bob Mann says

This book supports the ketogenic diet with solid research in most cases. Overweight is caused by too much insulin from too many carbs in most people. Heart disease is not caused by cholesterol but by inflammation of the blood vessels. Cholesterol is part of the cure, and is misunderstood as the cause. Reducing the inflammation is best done with low carbohydrate and no sugar diets. This is an oversimplification.

Kathryn Blankenship says

Informative, but where is the actual research data?

While this book contains a lot of information and talks about a lot of studies to back it up, there are no actual references cited. This makes the book interesting, but also useless. If you trust all the information, want to defend your lab results, and justify your refusal to take statins; your physician will require actual data. The data may be out there, but the book does not help you locate the data they talk about. I will need to take a few days on PubMed looking for all these articles so I have actual research data to back my decision. Without that data, I will be seen as a non-compliant patient who follows whimsical trends which are life threatening as opposed to an intelligent and well educated patient who is making a thoughtful and rational decision about my health care.

Vicky French says

Eye Opening and Life Changing

I feel like I have been lied to for years regarding my health and how to help myself. I am so happy to know the truth! I will no longer just blindly go along with what my Dr says but I will research to make sure what I am told is truth. It is time to take responsibility for my own health and do my part.

Leana M says

Probably a 5 star for the impact it makes in educating & empowering people that are new to understanding this subject. Great for beginners. Good reference & additional resources for those of us who are versed in the

subject but can always learn more.

Joseph says

Moore and Westman tackle everything from the scientific deficiencies with conventional "wisdom" and treatment for heart disease and their historical origins to the gross misunderstandings on what "heart healthy" nutrition means. They also teach you how to analyze your own test results and what the results REALLY mean. Most importantly, the information in this book is ACCESSIBLE to anyone because it presented in a simple, clear, and interesting manner with lots of factual information and talking points to not only inform the reader, but also to arm him/her with the knowledge, science, and medical history to back it up. This book has the potential to save thousands of lives. If you or anyone you love is on statins or has "high" cholesterol, I strongly urge you to read it.
