



Fat and Cholesterol are Good for You

Uffe Ravnskov

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Did you know? ...that cholesterol is not a deadly poison, but a substance vital to the cells of all mammals? ...that your body produces three to four times more cholesterol than you eat? ...that the internal production increases when you eat only small amounts of cholesterol and decreases when you eat large amounts? ...that heart patients haven't eaten more saturated fat than other people? ...that stroke patients have eaten less? ...that people with low cholesterol become just as atherosclerotic as people with high? ...that high cholesterol is not a risk factor for women? ...that high cholesterol is not a risk factor for old people although by far most heart attacks occur after age 65? ...that many of the cholesterol-lowering drugs are dangerous to your health and may shorten your life? ...that the cholesterol campaign creates immense prosperity for researchers, doctors, medical journals, drug producers and the food industry?

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