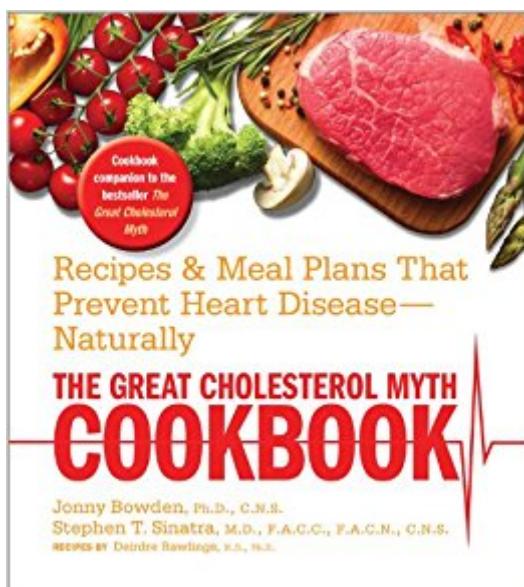


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# The Great Cholesterol Myth Cookbook: Recipes And Meal Plans That Prevent Heart Disease--Naturally



## Synopsis

For decades, low-fat and low-cholesterol diets have been touted as the way to prevent and reverse heart disease. In this groundbreaking book, *The Great Cholesterol Myth*, Jonny Bowden and Stephen Sinatra debunked that assertion, arguing that fat--often curtailed on traditional low cholesterol "heart-healthy" diets--is not the enemy and may in fact be part of the solution. Now, in *The Great Cholesterol Myth Cookbook*, the authors and nutrition expert and whole foods chef Deirdre Rawlings, Ph.D., put their findings into action with a detailed meal plan and 100 delicious and nutritious recipes that will prevent and reverse heart disease and give you back the foods you thought were gone forever. Learn how to live a life free of heart disease without the use of harmful statin drugs. Based on the latest studies, discover why sugar (not fat), inflammation, stress, and high-carb diets full of processed foods are the true culprits of heart disease. Combat heart disease with 100 mouthwatering recipes designed to satisfy your taste buds, provide key nutrients, and keep your heart healthy. Recipes included: Veal Scaloppini Supreme Luscious Lemon Yogurt Cake Anti-Inflammatory Turmeric Turkey Burgers Soul Warming Tuna Lasagna Fortifying Flourless Chicken Flapjacks Hearty Mediterranean Frittata Energizing Thai Spice Chicken Salad Gluten-Free Mediterranean Veggie Pizza Protein-Packed Vegetarian Shepherd's Pie Sweet and Spicy Beef or Chicken Stir Fry

## Book Information

Paperback: 192 pages

Publisher: Fair Winds Press (November 15, 2013)

Language: English

ISBN-10: 159233590X

ISBN-13: 978-1592335909

Product Dimensions: 8 x 0.4 x 9 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 57 customer reviews

Best Sellers Rank: #104,142 in Books (See Top 100 in Books) #38 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #67 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

## Customer Reviews

Ã¢ "What a delight to find that all these Ã¢ "forbiddenÃ¢ " foods are exactly what we should be eating to keep our hearts healthy!" - Ann Louise Gittleman, Ph.D, C.N.S.,

best-selling author, The Fat Flush Plan. "The authors' arguments are based on scientific research published in peer-reviewed journals, which makes them difficult to refute. Tenets such as limit sugar, limit grains, no need to avoid saturated fat, and minimize processed foods, will go a long way in reversing risk factors for heart disease." -Colette Heimowitz, MSc, Vice President of Atkins Nutritionals, Inc. "The dietary recommendations [the authors] make are right on target, and they are going to surprise you." -Jennifer Landa, M.D., chief medical officer of BodyLogicMD, author of The Sex Drive Solution for Women. "You owe it to yourself, your heart, and your family to read this book, but more importantly, follow the program!" - Robb Wolf, best-selling author of The Paleo Solution. "Bravo, bravo, bravo! Finally a cookbook that puts flavor, healthy fats, and sanity back in the kitchen!" - Christiane Northrup, M.D., best-selling author, Women's Bodies, Women's Wisdom and The Wisdom of Menopause. "Take it from the trusted experts in this book, and learn to enjoy the best foods for your heart, mind, and body!" -Larry McCleary, M.D., author of Feed Your Brain, Lose Your Belly. "The Fracture Cure." "The authors' conclusions are contrary to conventional medical thinking and in line with the best research out there! I find myself giving my patients the same message daily. I appreciate begin able to back it up with this well-considered, beautifully written book, which then provides them with recipes that are both practical and delicious. Let them eat fat!" -Hyla Cass, M.D., author of 8 Weeks to Vibrant Health.

Jonny Bowden, Ph.D., C.N.S., (Woodland Hills, CA) also known as The Nutrition Myth Buster, is a nationally known, board-certified nutritionist and expert on diet and weight loss. He has appeared on the Dr. Oz Show, Fox News, CNN, MSNBC, ABC, NBC, and CBS and has contributed to articles in the New York Times, Forbes, the Daily Beast, Huffington Post, Vanity Fair Online, Men's Health, Prevention, and dozens of other print and online publications. He is a popular speaker who presents at both academic and consumer events all over the world. Dr. Jonny is the best-selling author of fifteen books, including The 150 Healthiest Foods on Earth, The Most Effective Natural Cures on Earth, The 150 Most Effective Ways to Boost Your Energy, The Most Effective Ways to Live Longer, The Healthiest Meals on Earth, Smart Fat (with Steven Masley, M.D.), and the controversial best-seller, The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Plan that Will (with cardiologist Stephen Sinatra, MD). Stephen Sinatra, M.D., is a board-certified cardiologist,

educator, and author who created the Manchester, CT-based Heart MD Institute ([www.heartmdinstitute.com](http://www.heartmdinstitute.com)) as an educational platform focused on prevention and proactive lifestyle changes to live a healthier life. He is the author of Reverse Heart Disease Now, The Sinatra Solution, Lower Your Blood Pressure in Eight Weeks, and Heart Sense for Women. He has also contributed to several prestigious peer-reviewed medical journals, including the Journal of the American Medical Association (JAMA), Heart Disease, CT Medicine, and the Journal of Cardiopulmonary Rehabilitation. Deirdre Rawlings, Ph.D., N.D. is a naturopathic doctor, certified nutritionist, sports nutritionist and healthy-cooking coach. She holds a Ph.D. in holistic nutrition and a Master's in herbal medicine. She specializes in fibromyalgia, chronic fatigue syndrome, digestive challenges, food allergies, and immune rebalancing. She resides in Atlanta, GA. Visit her online at [www.foodsforfibromyalgia.com](http://www.foodsforfibromyalgia.com).

It came on time and is exactly what it was advertised to be.

Contains a great prescription for supplements to improve heart health. For example, I've been taking a statin drug for a couple of years, but my doctor didn't tell me I needed to be taking CoQ10 along with it. The book explains why it is necessary and I've added it to my regimen. The arguments for fish oil and heart health were convincing, and I've added back a good quality fish oil as suggested. Will continue to make changes - not only with supplements but diet as well as I wend my way through the pages of this excellent book!

Many interesting ideas

This is a fantastic cook book. I purchased the Great Cholesterol Myth book, then saw the cookbook and had to purchase it. Every recipe is so delicious. I can't say enough about this book , I would recommend this it to everyone

Bought this book on my Kindle, was so excited after just flipping the pages that I read it ALL in ONE NIGHT! There is so much valuable information that is life changing. I am a person that needs a plan and the authors make it so easy. The list of supplements, the recipes, the way to eat is in a format that is quick and easy. I can lay it on the kitchen counter each morning and follow the protocol. One of the most important books I have purchased.

Interesting reading material. There are plenty of recipes to choose for breakfast, lunch and dinner. Some recipes are good even if you choose not to follow the eating plan.

First half highlights the contents in the book by the same name. Second half is recipes. I plan to try some of them, but likely will change a few of the ingredients, because they are not ketogenic. Recipes do look to be easily changed to ketogenic.

Great book

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