



Anthony Colpo:

„Der große Cholesterin-Schwindel. Warum alles, was man Ihnen über Cholesterin, Diät und Herzinfarkt erzählt hat, falsch ist!“ KOPP 2009
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„Der größte Schwindel in der Geschichte der Medizin!“

„Der Glaube, dass Cholesterin und gesättigtes Fett die gefürchteten Volkskrankheiten Arteriosklerose und Herzinfarkt verursachen, gehört zu den heiligsten Dogmen der modernen Medizin. Doch das ist völlig falsch!

Die meisten Menschen wären in der Tat sehr erstaunt, wenn sie wüssten, wie wenig Beweise es zur Unterstützung der Cholesterin-These gibt. Mit seiner außerordentlich sorgfältigen Recherche zerstört Anthony Colpo unbarmherzig den möglicherweise größten und erfolgreichsten Schwindel der Medizingeschichte!

Dieser Schwindel ist für viele Ärzte, Pharmafirmen und die Lebensmittelindustrie ein Milliardengeschäft.

Anthony Colpo beweist, dass cholesterinsenkende Medikamente nicht nur völlig überflüssig, sondern in vielen Fällen sogar lebensgefährlich sind. Entdecken Sie hier die wahren Ursachen von Arteriosklerose und Herzinfarkt und lernen Sie, was Sie persönlich zur Vorbeugung dieser Krankheiten tun können!

In diesem Buch erfahren Sie, dass:

- in wissenschaftlichen Studien wiederholt gezeigt wurde, dass Arteriosklerose und Herzinfarkt weder durch gesättigtes Fett noch durch einen erhöhten Cholesterinspiegel im Blut hervorgerufen werden.
- Menschen mit niedrigen Cholesterinwerten durchschnittlich am kürzesten leben.
- sich die Menschen in den Kulturen, in denen traditionsgemäß viel gesättigtes Fett konsumiert wird, einer ausgezeichneten Gesundheit erfreuen, und dass die Rate der Herzkrankheiten dort außerordentlich niedrig ist.
- Studien an Tieren und Menschen gezeigt haben, dass viele Diätetempfehlungen von »Experten«, die angeblich das Herzinfarktrisiko verringern, ganz im Gegenteil das Risiko von Herzkrankheit, Krebs, Diabetes und Fettleibigkeit erhöhen!
- das Paradigma gegen Cholesterin und gesättigte Fettsäuren nicht im Interesse der Gesundheit, sondern des Profits wegen propagiert wird!“

„Ich empfehle Ihnen von ganzem Herzen, das Buch „Der große Cholesterin-Schwindel“ von der ersten bis zur letzten Seite zu lesen – die wertvollen Informationen, die die Seiten dieses längst überfälligen Buches füllen, könnten durchaus Ihr Leben retten.“

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Introduction by Malcolm Kendrick, ISBN 1-4243-3869-7

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„Wenn keine Medikamente, was dann?“ Klinisch bewiesene nichtmedikamentöse Maßnahmen zur KHK-Prävention“.

In Anthony Colpo: „Der große Cholesterin-Schwindel. Warum alles, was man Ihnen über Cholesterin, Diät und Herzinfarkt erzählt hat, falsch ist!“ (The Great Cholesterol Con) KOPP 2009, ISBN 3-938516-85-2.

„Wenn wir eine sichere und effektive nicht-medikamentöse Strategie zur Bekämpfung der KHK [Koronaren Herz Krankheit] entwickeln wollen, dann müssen wir zunächst einmal alle Behandlungsmethoden auflisten, die in randomisierten klinischen Untersuchungen tatsächlich zu einer Senkung der KHK- und der Gesamtsterblichkeit geführt haben. [...]

Studien über bestimmte **nicht-medikamentöse Behandlungsmaßnahmen** - wie etwa **Ernährungsumstellung, Nahrungsergänzungsmittel und Bewegung** - an denen sich sowohl Patienten mit einem hohen KHK-Risiko als auch risikofreie Patienten beteiligt haben.

Ein Blick [...] lässt erkennen, warum die Pharmaunternehmen gar nicht wollen, dass diese nicht-medikamentösen Behandlungsmethoden bekannt werden – die durch sie bewirkte Senkung der koronaren und Gesamt-Sterblichkeit ist nämlich ähnlich hoch wie bei der Statinbehandlung, in einigen Fällen sogar noch höher.

Und noch wichtiger: Die durch diese natürlichen Maßnahmen [siehe Lit. unten folgend] bewirkte deutliche gesunkene Sterblichkeit ging nicht mit einem erhöhten Risiko von „Krebs“, „Herzinsuffizienz“, „Muskelschädigung“, „Beeinträchtigung der kognitiven Fähigkeiten“, „Leberstörungen“, „Nierenversagen“ oder gar „vorzeitigem Tod“ einher“ [= (A) Statin-Nebenwirkungen]

(A) Mögliche Nebenwirkungen einer Statin-Therapie:

Muskelschwäche - Zunahme von Stürzen und Verletzungen, Muskelschmerzen (Myalgie), selten Rhabdomyolyse (Zerstörung der Muskulatur), Allgemeine Müdigkeit – Antriebslosigkeit, Erschöpfung, Lethargie, Atemnot, Leberschäden, periphere Neuropathie (Nervenschmerzen), Kardio-Myopathie – Herzschwäche, kognitive Störungen - Wahrnehmungsstörungen - Verwirrtheit bis Gedächtnisverlust – totale Amnesie, Schlafstörungen, Depressivität, sexuelle Störungen, Glaukom (Erhöhter Augendruck), CoQ10 Senkung [1] (Dekompensation einer kompensierten Herzinsuffizienz, einer kompensierten Niereninsuffizienz), Veränderung der Feinmotorik der Finger (Hemd-Knöpfe zumachen, Faden einfädeln, Basteln u.a.m.), Zunahme von Diabetes mellitus (Zuckerkrankheit) und Zunahme von Krebs usw.

[1] Gian Paolo Littarru: „Energie und Schutz – Coenzym Q 10: Fakten und Perspektiven in der Biologie und der Medizin“ CASA Rom 1995, "The Sixth Conference of the International Coenzyme Q10 Association" 27.-30.V. 2010, Brüssel, „Fourth Conference of the International Coenzyme Q10 Association, Los Angeles, CA, USA, April 14-17, 2005

Literaturangaben aus Kapitel 24 bis Kapitel 30:

Kapitel 24

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