

# Cholesterol The Real Truth

A NEW book by DR SANDRA CABOT and  
naturopath MARGARET JASINSKA ND  
reveals the REAL truth about cholesterol.

**What if the cholesterol scare has all  
been a big fat lie?**

This well researched book  
shows you that **CHOLESTEROL**  
is **NOT THE REAL VILLAIN OF**  
**HEART DISEASE.** Find out  
what the real causes of  
heart disease are,  
and you'll be amazed!

**This life saving book**

Brought to you by **TWO LEADING EXPERTS IN HEALTH**  
gives you a **NATURAL PROGRAM** to optimise your  
cholesterol levels, and even more importantly greatly  
**REDUCE YOUR RISK OF HEART ATTACKS AND STROKES.**



# STATISTICS OF CARDIOVASCULAR DISEASE

- 51% of Australians have high cholesterol (above 5.5mmol/L).
- The incidence of heart disease has increased steadily over the past decade and more than 50,000 Australians die each year of cardiovascular disease.

## THIS IS SO, DESPITE THE EVER INCREASING PRESCRIPTION OF CHOLESTEROL LOWERING DRUGS!

### DID YOU KNOW?

**One Australian dies every 10 minutes from cardiovascular disease**, which cost the nation \$6.6 billion to treat last year.

And far from declining, the bill is expected to soar 50% to \$9.9 billion by 2011.

**Experts warned that CVD - covering all diseases and conditions of the heart and blood vessels, including stroke and heart attack was growing so fast that almost a quarter of all Australians were expected to have it by 2051.**

- Sydney Morning Herald, May 2005

<b>Myth</b>	<b>Truth</b>
<b>High cholesterol is the main risk factor for heart disease?</b>	High cholesterol is only a risk factor for heart disease in a minority of the population; namely middle aged men with a family history of heart disease.
<b>Cholesterol lowering drugs are only prescribed in high risk individuals.</b>	Cholesterol lowering drugs are prescribed liberally and in many cases prematurely.
<b>People understand which foods affect their cholesterol levels.</b>	Most people don't have a clue what foods raise their cholesterol.
<b>Eating too much fat will raise your cholesterol.</b>	Carbohydrates and trans fatty acids raise cholesterol levels more than anything else.
<b>The lower your cholesterol, the healthier you will be.</b>	If your cholesterol is TOO low you could suffer from serious health problems and reduced quality of life.
<b>Cholesterol lowering drugs have minimal side effects.</b>	Cholesterol lowering drugs commonly cause serious side effects which are not recognised.
<b>The lower your cholesterol the longer you will live.</b>	Elderly people with high cholesterol live longer than those with low cholesterol.
<b>Cholesterol is bad for you.</b>	Cholesterol is essential for good health. It is needed for the production of sex hormones and vitamin D, and healthy brain function.

***A study of elderly French women living in a nursing home showed that those with the highest cholesterol levels lived the longest (The Lancet, 4/22/89). The death rate was more than five times higher for women with very low cholesterol.***

**The following REAL testimonials will shock you and graphically show the dangers of over prescribing pharmaceutical drugs. The side effects of statin drugs can be terrible, they can ruin your sex life, damage your nerves and muscles, inflame your liver, make you depressed and damage your memory!**

## **Testimonial 1**

Anne in NSW had been taking 40mg of Lipex (simvastatin) for 18 months before she noticed any side effects. Her cholesterol had been 6.3mmol/L and her doctor decided to put her on Lipex. Anne is a type 2 diabetic and has got a fatty liver. She suffers with high blood pressure and has an under active thyroid.

The first unusual symptoms Anne noticed were a feeling of nausea and what she described as “dead legs”; her legs felt extremely weak and heavy. She started sweating, developed pins and needles and felt overpoweringly ill. Anne assumed that she had come down with a virus. A week later her legs became even weaker and she noticed that her arms were trembling. The nerves in her arms and legs tingled and she felt like she was on the verge of suffering an anxiety attack, even though she had never experienced that before. Anne commented that her hands trembled as though she had Parkinson’s disease.

A week later she could hardly stand. That was when Anne was taken to hospital. She underwent numerous tests which came up with nothing specific. Her doctors concluded that the only possible explanation for all of these symptoms was an adverse reaction to Lipex.

Anne was permanently taken off Lipex. It has now been one month since Anne discontinued Lipex, and she is slowly getting better. She used to walk 20 kilometers each week for exercise but cannot manage anything near this now; even going shopping is a strain on her legs. Anne still notices the occasional tremors in her hands.

## **Testimonial 2**

Mr Richard C. from Albury in New South Wales experienced significant depression while taking Lipitor. “For the past 15 years I have been in a high stress position dealing with teenagers and young people in a country high school. About 3 years ago I had my cholesterol checked, and my G.P. recommended I go onto Lipitor to lower the level of cholesterol. Over a period of time I

began to feel depressed, wishing that there was some way out of the daily grind. I even took long service leave to see if the depression would lift, but it just kept getting stronger and stronger. I hated going to work. Once I was simply working on some landscaping at home when I broke down and cried on the front foot path. I wasn’t even embarrassed about it. I couldn’t care any more. There was no rhyme or reason for this apparent depression. I just felt awful and wanted to end my life.

Twelve months ago I had an appointment with Dr Cabot who asked what current medication I was taking. I listed several including Lipitor (the others were for high blood pressure) and she advised me to immediately stop taking the Lipitor.

The difference was very noticeable. I felt somewhat better during the next day when I didn’t take the Lipitor and within a week I actually looked forward to going to work. Life has become a much happier place for me and I now look forward to a full and rewarding life. All the things that people do every day without thinking about I can now do with a positive outlook, and I am now living my life to the fullest.”

# This book reveals --

- **POWERFUL FOODS AND SUPPLEMENTS TO LOWER YOUR BAD CHOLESTEROL.**
- **CHOLESTEROL-LOWERING RAW JUICE RECIPES AND A HEART-SAVING SOUP RECIPE.**
- **CHOLESTEROL LOWERING SHOPPING LIST.**

**LOWERING YOUR CHOLESTEROL AND PROTECTING YOUR HEART HAS NEVER BEEN SO EASY AND DELICIOUS.**

**However,  
Lowering your cholesterol too much could –**

- **Ruin your sex life**
- **Ruin your memory**
- **Cause depression**
- **Cause fatigue**
- **Cause muscle and nerve pain**
- **Make you more susceptible to cancer**



Say Dr Sandra Cabot & Margaret Jasinska ND

**Note: Extensive scientific references are available in the back of the book**

**For interviews with  
MARGARET JASINSKA AND DR SANDRA CABOT  
call 02 4655 8855 Or 1800 151 052 - Or -  
Email: [doctorcabot@ozemail.com.au](mailto:doctorcabot@ozemail.com.au)  
Email: [margaretj@weightcontroldoctor.com](mailto:margaretj@weightcontroldoctor.com)**