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## Why Cholesterol May Not Be the Cause of Heart Disease with Dr. Aseem Malhotra



Mark Hyman, MD

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Cholesterol has become so confusing. The reality is, most of us have little understanding about the cholesterol levels in our blood and the whole topic is much more complicated than we previously thought. Many people still believe that eating cholesterol and fat, especially saturated fat, causes heart

All

From Mark Hyman, MD

Cholesterol

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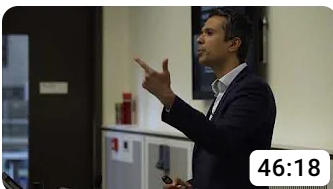
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@joanneedwards6866 3 months ago

How refreshing to listen to your conversation how wonderful to know that there are some doctors out there who know the truth and are willing to take a stand for what is right. More power to the both of you.

49 Reply

1 reply



@michelel1852 2 years ago

Dr Hyman, Dr Malhorta thank you so much for fighting for all of us. This was the most informative videos I've seen in a long time. It gives me hope. I wish more doctors would take up the fight and also educate themselves. I'm 67 and I hope I see a change in my lifetime because people are not only getting physically sick but mentally ill!

57 Reply

2 replies



@spitfirebaby 4 years ago (edited)

Keep the info coming! As an RN, I have been on Low carb/high fat for five years. The last three has been closer to Keto. My labs are now excellent. Came off po diabetes medication..and off one of two blood pressure meds. Lost weight..and am 67 years old. I am thrilled. Please, keep giving the statistics and what we put into our mouths. Food is ...

Read more

173 Reply



@lindaday1248 4 years ago

Thank you both for being truthful and enlightening us all and for having the courage of your convictions to expose the truth about what is going on between Government, Food Industry and Pharmaceutical companies too. The information you have shared with us is astounding and should be available to everyone, for their best health. Love your videos Dr Hyman and ...

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19 Reply

@jimbattaglia8317 4 years ago

Mark another great interview. Both of you have shared with us a fantastic amount of knowledge about what is wrong and ideas of what is needed to change

33 Reply

@stevendepuy4377 4 years ago

Started Keto in May 2018. A1C in March of 2018 was 7.5. In July, it was 6.6, in October, it was 5.9. LCHF works and can change your life.

23 Reply

[1 reply](#)

@francisjtuk 4 years ago

I was on a statin for years and stopped about 4 years ago. I definitely believe that a large proportion of common diseases are metabolic in nature and therefore most likely reversed or contained via diet. I also believe that insulin control is a key element in the whole equation however this is difficult to do because it requires dietary changes.

21 Reply

[3 replies](#)

@angelamarsh5904 4 years ago

Hi. I thank you kindly for this podcast. I believe sugar is absolutely bad for one's health. My mother and grandmother died of cancer, and after studying how sugar can affect the body, I have cut most all of it, and starches and carbohydrates out of my diet. This decision was also due to many chronic stomach and inflammation issues. I started the diet change in ...

6 Reply

@deanshulze931 4 years ago

I just love these doctors. Few doctors seems to actually care about their patients. These doctors actually care about the best treatment options, including the best options: diets and lifestyle. I have Dr Hyman's book, highly recommended.

16 Reply



no doubt) want us to take. Hopefully more healthcare professionals will get on board.

6 Reply

@daluke61 4 years ago

A prime example of what I like about YouTube; this particular podcast...thank you, Doctors!

44 Reply

@amzros 4 years ago

I work in the health field & I've always been interested in nutrition. After reading your book "Food: What the heck should I eat?" in March I found your website & then your podcasts. First of all, I enjoy them & find them so fascinating. I have been listening to your podcast now for about 6 months. I still find them fascinating but I'm so frustrated by the lack of our ...

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22 Reply

[3 replies](#)

@KCWeng-pl1lc 4 years ago (edited)

Dr. Hyman and Dr. Malhotra, you are my heroes! This is one of the best episodes I've ever listened to. Thanks for the great work and keep the info coming!

6 Reply

@amaz1447 4 years ago

I love your shows. Full of great information! I used to eat all that junk. Ended up sick and not feeling well. Started eating the healthy life style you speak about. Healed my gut and feeling much better. Keep putting out the information. You are making a difference in many peoples lives. Thank you so much!

10 Reply

@caronfrench5364 5 months ago

One of the most enlightened and enlightening conversations I've heard about health. The focus on individuals' own responsibilities for their health is spot on, as is the disproportionate power of the food industry over our food environment. Keep fighting, gentlemen, you are beginning to be heard!

3 Reply

@hazee73 2 years ago

I just got my blood test results - my LDL is 8.4 mmol. I'm also 47 years old. I was so glad to hear that higher cholesterol is better for older people. Thank you!



politics. Shining lights giving us the honesty and transparency we need to be able make informed choices. Insulin resistance being the elephant in the room we now can now focus on what works, naturally and get a step change in diet and lifestyle.

15 Reply

1 reply

@wendywong4553 1 month ago

I'm so grateful for doctors like the two of you. My cholesterol is not what a mainstream doctor would want to see at all. I'm at a healthy weight, Mediterranean low carb diet, exercise everyday, etc. my BP is excellent. So I've struggled with my test results, even tho I know and have known for years that the information out there is simply wrong. It's really difficult to go ...

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2 Reply

@kcoffman003 1 month ago

So grateful to both of you! Wish there were many more like you!! ❤️

1 Reply

@josefinorivera4227 2 years ago

I'm totally agree! We need more people like you to spread the truth! Thanks

6 Reply