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The world is obsessed with cholesterol levels. The UK and Australia work in mmol/l

and the USA works in mg/dl. Americans are told to have a total cholesterol level below

200 mg/dl and LDL below 100 mg/dl. These guidelines, issued by the National

Cholesterol Education Programme, actually

call LDL ..., Expanding on the subject of my

upcoming appearance on The Dr. Oz Show,

a landmark new article in the New England

Journal of Medicine shows that choline in

eggs, poultry, dairy, and fish produces the

same toxic TMAO as carnitine in red

meatâ€”which may help explain plant-based

protection from heart disease and prostate

cancer., To read more about heart disease

and cholesterol, check out the special report

page. Itâ€™s hard to overstate the impact

that cardiovascular disease (CVD) has in the

U.S.. Consider the following: Cardiovascular

disease affects 65 million Americans. Close

to one million Americans have a heart attack

each year. In the U.S., one person dies every

39 seconds of cardiovascular disease. 1 of 3

..., The Seven Countries Study is an

epidemiological longitudinal study directed by

Ancel Keys at what is today the University of

Minnesota Laboratory of Physiological

Hygiene & Exercise Science (LPHES).

Begun in 1956 with a yearly grant of

US\$200,000 from the U.S. Public Health

Service, the study was first published in 1978

and then followed up on its subjects every

five years thereafter., "The China Study is

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