

# Cholesterol Say Is a Lie!



Philippe Even the world-famous expert on cholesterol, the "bad cholesterol" claim to fame was a lie was produced by the pharmaceutical industry.

"Cholesterol is not lethal as it may seem, vessels tıkamıyor", "bad cholesterol produced by the pharmaceutical industry is a lie". These statements are experts in France and as one of the world's most famous cholesterol of Professor Philippe Even

According to a report from the Kayhan KaracaEven'in, which will be released in France on February 21 "About Cholesterol Truth" 's book has already created great controversy and confusion case.

KOLESTEROL'KAVRAMI BAD NO

French professor says that it is not a concept called bad cholesterol. According to Professor Even'e, the bad cholesterol is nothing but a lie created by the pharmaceutical industry.'working for the drug companies'

giant pharmaceutical companies and laboratories of Professor accused of lying about cholesterol Even, thanks to the cholesterol-lowering drugs, the pharmaceutical industry earned \$ 300 billion last 15 years, he says. French experts, scientists who signed cholesterol losses in the scientific papers on"account of the pharmaceutical industry working" claims.'this man's either crazy or ...'

Professor Even in statements which cover this week's issue of the French magazine Le Nouvel Observateur on the topic "This is a crazy man or the history of all of your medications or are faced with the greatest diagnostic error" commented. Cholesterol is not harmful to health in the world's thesis is not only a Professor by even a large number of scientists working independently maintained by drug ednüstrisinden. In 2002, these scientists "Cholesterol Skeptic" (Thincs) formed under the name of a network in the world.

## Professor Philippe Even's The Truth about Cholesterol

Last summer, I wrote a post summarising the French physician, researcher and professor Philippe Even's debunking of the dangers of second hand smoke.

Late in 2012, Even (pron. 'Ay-vahn') and noted urologist Bernard Debré co-authored a book called Guide des 4 000 médicaments utiles, inutiles ou dangereux (A Guide to 4000 Useful, Useless or Dangerous Medicines). Even's latest work is called La Vérité sur le cholestérol (The Truth about Cholesterol), which has been making quite a stir in the French health community. I've heard him interviewed on RTL and, one week ago, on RMC. The RMC interview went a bit more in depth than RTL's, probably because Even appeared on Les Grandes Gueules, the lively mid-morning news debate co-hosted by Olivier Truchot and Alain Marschall. I mention this because Truchot introduced the segment by saying, 'Incidentally, my colleague Alain Marschall is taking Crestor, so he might find this of interest'.

The panellists on the show were all men, which was just as well once Even began going into the side effects of statins. Many of us know of reports of statin patients who experience memory loss and/or severe muscular pain within a short time after they start the medication. Even advised stopping the statins in such cases: 'What is the point of continuing with a medication that is giving you pain? These ailments could become much worse in 10 or 20 years' time.' He said that patients who stopped statins altogether noticed an improvement in their health within a few days' time. He added that this included side effects of a 'sexual' nature.

At that point, a high-pitched nervous laugh went up in the studio — Marschall? — followed by an uncomfortable silence. So, we might well add erectile dysfunction to the list of statins' possible side effects. The following is a summary of Even's findings on cholesterol and statins taken from l'Internaute, Le Nouvel Observateur and Atlantico:

"Cholesterol often poses no danger. On RMC, he said that if there is only a high cholesterol reading and no other heart or cardiovascular problems, then the patient should think twice about taking statins."

- High cholesterol alone will not cause a heart attack or stroke: 'there has been no such example from the beginning of prescription drugs up to the present day'.
- Professor Even studied 50 clinical trials of cholesterol which showed that statins made no difference to the frequency of cardiovascular disease-related illnesses.
- Only patients with a 3mg cholesterol reading should consider statins on their doctor's advice (also see above caveat — provided something else is present which could indicate a heart condition). Currently, patients with as low a reading as 1.5mg receive a prescription.
- Statins do little to reduce cholesterol in 90% of cases.
- Doctors exaggerate the dangers of cholesterol when talking to their patients.
- Cholesterol-reducing drugs, such as statins, are a €2bn per annum business in France, €25bn worldwide.
- In France, there are only 100,000 people with high cholesterol running in their families who should be taking statins — yet, 5 million French are on them!

Even said that the best way to reduce one's cholesterol is to make changes to one's diet, increase one's amount of physical exercise and, if necessary, modify certain lifestyle habits.

He added that people are becoming increasingly wary of blanket prescriptions for statins and other powerful drugs but warned that it would take 'probably five or six years' before pharmaceutical companies feel suitably pressured to change their ways of promoting prescription drugs.

The truth is that there is no firmly established 'cause' or 'causes' of heart disease and stroke. I know that will surprise many, but remember that Big Pharma, insurance companies and the medical field have to have a fear-inducing industry in order to exist. Ask yourself these questions. We are in the 21st century, yet, a) is there a cure for cancer or b) a cure for heart disease or stroke? No! Big Pharma and health professionals — including researchers — rely on unfounded fear and faulty studies to keep their jobs.

Professor Even admitted — when debunking second-hand smoking — that he had to hold to 'certain positions' in order to be able to work in his field.

The Nouvel Obs article mentioned an interesting group — Thincs — The International Network of Cholesterol Sceptics, founded by a Swedish doctor and independent researcher, Dr Uffe Ravnskov. More on that tomorrow.