

# The Truth About Cholesterol

Separating fact from soft science, industry propaganda and media misinformation

## FREE TALK

Wednesday, May 21, 7:00 - 9:00 PM

Acupuncture & Integrative  
Medicine College, Berkeley

(AIMC Berkeley)

2550 Shattuck Avenue (at Blake)

10-minute walk south on Shattuck from downtown  
Berkeley BART

510.666.8248 ext. 106

[www.aimc.edu](http://www.aimc.edu)



FOR THE LAST HALF CENTURY, the medical establishment has vigorously promoted the notion that high cholesterol is a primary risk factor for coronary heart disease, and that a diet high in saturated fat and cholesterol causes heart disease. These hypotheses are widely accepted as fact by many physicians and the general public alike, despite the overwhelming body of evidence that suggests otherwise.

During this two-hour talk, we'll review over fifty years of research demonstrating that:

1. High cholesterol doesn't cause heart disease
2. Diets high in saturated fat and cholesterol don't cause heart disease
3. Consumption of so-called "heart healthy" vegetable oils is linked to heart disease, cancer and many other conditions
4. Statin drugs don't work for more than 95% of the population, and have dangerous side effects and complications

You'll also learn the latest theories on what causes heart disease and a truly "heart healthy" approach to diet and lifestyle that is supported by both modern science and centuries of traditional wisdom.

The presentation draws on more than 150 studies published in major peer-reviewed journals and the work of an impressive list of physicians, scientists and researchers who question the connection between cholesterol and heart disease.

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*UC Berkeley graduate Chris Kresser is pursuing a Master's of Science degree in Oriental Medicine at AIMC Berkeley. He brings a solid foundation of research and deep personal interest to the topic of demystifying cholesterol.*

