

Re: Cholesterol Levels Can't Be Too Low (report)

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- *From:* Susan <[nevermind@xxxxxxxxxx](mailto:nevermind@xxxxxxxxxx)>
  - *Date:* Mon, 17 Oct 2005 09:27:39 -0400
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x-no-archive: yes

Blocked wrote:

Ornish reductions more likely come from reductions in refined carb  
which translate into lower triglycerides and from there lower LDL.

I lowered my LDL \*and\* my HDL on Ornish years ago. My TGLs were quite a bit higher than they are now on low carb. My HDL is doubled and my LDL lower by 100 pts.

And it's not a diet one can live on. Bleah.

Susan

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