

Cholestrol and weight

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A couple of years ago I was advised by several doctors to take anti-cholestrol drugs in order to keep me 'safe'. I did not take the drug. After visits to these doctors I got a job teaching English in a remote village in China. I ate practically everyday in the students' canteen and the food there was hardly oily at all. It did not take long before I had lost 10 lbs and my waist line had shrunk by 2 inches. Then a check with the same doctor suggested that I had a long way to go before having to take anti-cholestrol drugs.

I wonder if doctors advised their clients to lose weight first before prescribing them anti-cholestrol drugs. I did not seem to have got that advice from the several doctors I visited.

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