

Re: Cholestrol and weight

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On May 24, 11:56 am, "fyfp...@xxxxxxxx" <fyfp...@xxxxxxxx> wrote:

A couple of years ago I was advised by several doctors to take anti-cholesterol 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-cholesterol drugs.

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

Folks who lose their visceral adipose tissue (VAT) will indeed typically experience a dramatic reduction in serum cholesterol.

May GOD bless you.

Prayerfully in Jesus' awesome love,

Andrew <><

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"Unlike the 2PD-OMER Approach, weight loss diets can't be combined with well-balanced diets"
<http://HeartMDPhD.com/Love/TheTruth>

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