

What's the True Cause of Heart Disease?

Dr. Hotze and Dr. Stephen Sinatra, a board-certified cardiologist who practices *Alternative Cardiology* and is the author of *The Great Cholesterol Myth*, discuss the true cause of heart disease. Learn about the benefits of cholesterol for your health and the downside of statin drugs. Discover why lowering your cholesterol won't prevent heart disease and the statin-free plan that will.

If someone were to ask you, "What is the cause of heart disease and heart attacks?", what would you say? Most people would say the answer is high cholesterol. In this podcast, Dr. Sinatra dispels this cholesterol myth and reveals the true cause of heart disease.

Says Dr. Sinatra, "... we know this, half the people that have heart attacks have normal cholesterol, half the people have elevated cholesterol."

Dr. Hotze and Dr. Sinatra discuss how our society has been led to believe that high cholesterol is the cause of heart disease and that cholesterol lowering drugs are the answer. The truth is that inflammation of the arteries is what causes heart disease. The real culprit for heart disease is sugar.

Dr. Sinatra explains how cholesterol is vital for our memory and improves the synapses in our brain. He also discusses how cholesterol is the basis of all our hormones. Whether you're a man or a woman, whether it's pregnenolone, progesterone or testosterone, it's one of the basic foundation blocks of our hormones.

In this episode, you will also learn about natural supplements to help protect your heart.

For more of Dr. Hotze's wellness revolution on the great cholesterol myth, listen to this podcast.