

Myths Facts Free 100 Awesome

Malcolm Croft

The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease Jonny Bowden, Stephen Sinatra, Deirdre Rawlings, 2015-08-15 Now includes 100 recipes for preventing and reversing heart disease from the The great cholesterol cookbook.

100 Myths about the Middle East Fred Halliday, 2005 The author challenges one hundred of the most common myths concerning the political, cultural, social, and historical background of the Middle East.

Myths and Facts 1976 Near East report, 1976

The Great Cholesterol Myth, Revised and Expanded Jonny Bowden, Stephen T. Sinatra, M.D., F.A.C.C, C.N.S., 2020-08-04 The best-selling book on heart disease, updated with the latest research and clinical findings on high-fat/ketogenic diets, sugar, genetics, and other factors. Heart disease is the #1 killer. However, traditional heart disease protocols—with their emphasis on lowering cholesterol—have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as ineffective low-fat/high-carb diets and serious, side-effect-causing statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. The Great Cholesterol Myth reveals the real culprits of heart disease, including: inflammation, fibrinogen, triglycerides, homocysteine, belly fat, triglyceride to HDL ratios, and high glycemic levels. Best-selling health authors Jonny Bowden, PhD, and Stephen Sinatra, MD, give readers a four-part strategy based on the latest studies and clinical findings for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Myths vs. Facts Myth: High cholesterol is the cause of heart disease. Fact: Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease. Myth: Saturated fat is dangerous. Fact: Saturated fats are not dangerous. The killer fats are the trans fats from partially hydrogenated oils. Myth: The higher the cholesterol, the shorter the lifespan. Fact: Higher cholesterol protects you from gastrointestinal disease, pulmonary disease, and hemorrhagic stroke. Myth: High cholesterol is a predictor of heart attack. Fact: There is no correlation between cholesterol and heart attacks. Myth: Lowering cholesterol with statin drugs will prolong your life. Fact: There is no data to show that statins have a significant impact on longevity. Myth: Statin drugs are safe. Fact: Statin drugs can be extremely toxic including causing death. Myth: Statin drugs are useful in men, women, and the elderly. Fact: Statin drugs do the best job in middle-aged men with coronary disease. Myth: Statin drugs are useful in middle-aged men with coronary artery disease because of its impact on cholesterol. Fact: Statin drugs reduce inflammation and improve blood viscosity (thinning blood). Statins are extremely helpful in men with low HDL and coronary artery disease.

The Great Cholesterol Myth Jonny Bowden, Stephen Sinatra, 2012-11-01 Heart disease is the #1 killer. However, traditional heart disease protocols—with their emphasis on lowering cholesterol—have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as ineffective low-fat/high-carb diets and serious, side-effect-causing statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. The Great Cholesterol Myth reveals the real culprits of heart disease, including: - Inflammation - Fibrinogen - Triglycerides - Homocysteine - Belly fat - Triglyceride to HCL ratios - High glycemic levels Bestselling health authors Jonny Bowden, Ph.D., and Stephen Sinatra, M.D. give readers a 4-part strategy based on the latest studies and clinical findings for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Get proven, evidence-based strategies from the experts with The Great Cholesterol Myth. MYTHS VS. FACTS Myth-High cholesterol is the cause of heart disease. Fact-Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease. Myth-High cholesterol is a predictor of heart attack. Fact-There is no correlation between cholesterol and heart attack. Myth-Lowering cholesterol with statin drugs will prolong your life. Fact-There is no data to show that statins have a significant impact on longevity. Myth-Statin drugs are safe. Fact-Statin drugs can be extremely toxic including causing death. Myth-Statin drugs are useful in men, women and the elderly. Fact-Statin drugs do the best job in middle-aged men with coronary disease. Myth-Statin drugs are useful in middle-aged men with coronary artery disease because of its impact on cholesterol. Fact-Statin drugs reduce inflammation and improve blood viscosity (thinning blood). Statins are extremely helpful in men with low HDL and coronary artery disease. Myth-Saturated fat is dangerous. Fact-Saturated fats are not dangerous. The killer fats are the trans fats from partially hydrogenated oils. Myth-The higher the cholesterol, the shorter the lifespan. Fact-Higher cholesterol protects you from gastrointestinal disease, pulmonary disease and hemorrhagic stroke. Myth-A high carbohydrate diet protects you from heart disease. Fact-Simple processed carbs and sugars predispose you to heart disease. Myth-Fat is bad for your health. Fact-Monounsaturated and saturated fats protect you from metabolic syndrome. Sugar is the foe in cardiovascular disease. Myth-There is good (HDL) cholesterol and bad (LDL) cholesterol. Fact-This is over-simplistic. You must fractionate LDL and HDL to assess the components. Myth-Cholesterol causes heart disease. Fact-Cholesterol is only a theory in heart disease and only the small component of LP(a) or “bb shot” LDL predisposes one to oxidation and inflammation.

50 Great Myths of Human Sexuality Pepper Schwartz, Martha Kempner, 2015-04-20 50 Great Myths of Human Sexuality seeks to dispel commonly accepted myths and misunderstandings surrounding human sexuality, providing an enlightening, fascinating and challenging book that covers the fifty areas the author’s believe individuals must understand to have a safe, pleasurable and healthy sex life. Dispels/Explores commonly accepted myths and misunderstandings surrounding human sexuality Includes comparisons to other countries and cultures exploring different beliefs and how societies can influence perceptions Areas discussed include: pre-marital sex, masturbation, sexual diseases, fantasy, pornography, relationships, contraception, and emotions such as jealousy, body image insecurity, passionate love and sexual aggression Covers both heterosexual and same-sex relationships

50 Great Myths of Human Evolution John H. Relethford, 2017-01-17 50 Great Myths of Human Evolution uses common misconceptions to explore basic theory and research in human evolution and strengthen critical thinking skills for lay readers and students. Examines intriguing—yet widely misunderstood—topics, from general ideas about evolution and human origins to the evolution of modern humans and recent trends in the field Describes what fossils, archaeology, and genetics can tell us about human origins Demonstrates the ways in which science adapts and changes over time to incorporate new evidence and better explanations Includes myths such as “Humans lived at the same time as dinosaurs;” “Lucy was so small because she was a child;” “Our ancestors have always made fire;” and “There is a strong relationship between brain size and intelligence” Comprised of stand-alone essays that are perfect for casual reading, as well as footnotes and references that allow readers to delve more deeply into topics

100 Amazing Facts About Greek Mythology Marc Dresgui, 2023-10-22 Immerse yourself in the mysteries of ancient Greece with 100 Amazing Facts about Greek Mythology! Greek mythology has never been so exciting! With 100 Amazing Facts about Greek Mythology, embark on a memorable journey through the fascinating stories and immortal legends that have shaped the history of Western civilization. Here are a few reasons why every parent should consider giving this literary treasure to their child:

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Myth and the Greatest Generation Kenneth Rose,2013-05-13 Myth and the Greatest Generation calls into question the glowing paradigm of the World War II generation set up by such books as The Greatest Generation by Tom Brokaw. Including analysis of news reports, memoirs, novels, films and other cultural artefacts Ken Rose shows the war was much more disruptive to the lives of Americans in the military and on the home front during World War II than is generally acknowledged. Issues of racial, labor unrest, juvenile delinquency, and marital infidelity were rampant, and the black market flourished. This book delves into both personal and national issues, calling into questions the dominant view of World War II as 'The Good War'.

Myths and Facts Mitchell Geoffrey Bard,American-Israeli Cooperative Enterprise,2006 A revised and updated version of the classic guide to the Arab-Israeli conflict including the road map for peace and disengagement from Gaza. Israel's roots. The Arab-Israeli wars. The United Nations. The refugees. The treatment of Jews in Arab/Islamic countries. Human rights in Israel and the territories. The Palestinian War. Jerusalem. U.S. Middle East policy. The peace process. Settlements. The arms balance. The media. Arab/Muslim attitudes toward Israel. New maps and charts.--P. [4] of cover.

Diet Revolution Now Michael Waldau,2011-10 The government has failed us Cookie-cutter nutritional advice is not cutting it The diet-du-jour industry fattens its bank accounts and dieters alike Diet scams and miracle weight-loss centers come and go without lasting impact The fast food / processed food industrial complex is more interested in getting us addicted to empty-calorie / high-profit foods than providing even minimally healthy fare And while the food industry and government agencies' orchestras continue to fiddle, the health of Americans sinks faster than the Titanic What you need is a comprehensive strategy, a master plan that trumps Spartan discipline or uber-willpower, which nobody can muster day-in, day-out for years on end. You'll find the weapons you need in the fight against obesity and towards a new you throughout the entire book. All you need is the desire to take control of your life and health again. Michael Waldau - Background Born into the culinary epicenter of Vienna, in skiing-obsessed Austria, Michael developed a keen interest in nutrition - related matters and an active lifestyle early in life. Eventually this led to a self-taught education on these subjects. He became a certified Personal Trainer and Sports Nutritionist, and has been an ACE-certified Lifestyle and Weight Management Coach since 1997. When he had to start rehab exercises after a long-delayed knee operation, he didn't stop when the healing process was completed. Instead, he kept going, and 20-plus years later Michael has participated in hundreds of races, including six sub-3 marathons, 18 Ironman-distance events (and counting), qualified for Kona 4 times, and competed at countless other triathlons, duathlons, bicycle races and swim meets. He has been listed as USA Triathlon Honorable Mention, qualified for Team USA and has won State and National age-group titles. This book is Michael's attempt to share his hard-earned knowledge with athletes and non-athletes alike to help them attain their own personal health goals.

50 Great Myths of Popular Psychology Scott O. Lilienfeld,Steven Jay Lynn,John Ruscio,Barry L. Beyerstein,2011-09-15 50 Great Myths of Popular Psychology uses popular myths as a vehicle for helping students and laypersons to distinguish science from pseudoscience. Uses common myths as a vehicle for exploring how to distinguish factual from fictional claims in popular psychology Explores topics that readers will relate to, but often misunderstand, such as 'opposites attract', 'people use only 10% of their brains', and 'handwriting reveals your personality' Provides a 'mythbusting kit' for evaluating folk psychology claims in everyday life Teaches essential critical thinking skills through detailed discussions of each myth Includes over 200 additional psychological myths for readers to explore Contains an Appendix of useful Web Sites for examining psychological myths Features a postscript of remarkable psychological findings that sound like myths but that are true Engaging and accessible writing style that appeals to students and lay readers alike

Weekly World News ,1995-06-20 Rooted in the creative success of over 30 years of supermarket tabloid publishing, the Weekly World News has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site.

Weekly World News ,1991-06-25 Rooted in the creative success of over 30 years of supermarket tabloid publishing, the Weekly World News has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site.

100 Amazing Facts about Ancient Greece Marc Dresgui,2023-09-06 Immerse yourself in the fascinating times of Ancient Greece with 100 Amazing Facts about Ancient Greece! This unique book is the perfect guide for children (and their parents) thirsting for knowledge about one of the most influential civilizations in our history. Education is a journey, and this book is a boarding ticket for a wonderful journey back in time, leading directly to the mythical age of ancient Greece. Each fact is an exciting stop where history comes to life with real characters and events that have shaped the world as we know it today. With 100 Amazing Facts about Ancient Greece, your child will discover a rich tapestry of amazing stories, fascinating characters, incredible achievements, and much more. They'll learn all about the might of Athens, the wisdom of philosophers, the daring of explorers, and the exploits of heroes. But that's not all: they'll also be introduced to the everyday life of the ancient Greeks, including food, games, music and art. If your child has a passion for history, or if they simply love a good story, this book will provide them with hours of enriching reading. The texts are clear, concise and always captivating. 100 Amazing Facts about Ancient Greece is more than a history book, it's an invitation to adventure, discovery and wonder. It's a fantastic way to inspire a love of learning in your child. Far from being a simple reference book, it's designed to awaken curiosity, stimulate imagination and encourage independent exploration. Don't miss this opportunity to offer your child a unique journey through the pages of 100 Amazing Facts about Ancient Greece - a book that inspires, informs and incites discovery. It's the perfect gift to nurture your child's growing mind and introduce them to history like never before. Embark on an unforgettable learning odyssey!

Weird But True Know-It-All: Greek Mythology Sarah Flynn,2018 Classic stories from Greek mythology come to life in this latest book in the Weird But True spin-off series, Know-It-All. Fans of Rick Riordan will find this is the ideal companion book to dive a little deeper into the incredible stories from Greek mythology. Full

color.

The Greatest Works of French Literature: 100+ Novels, Short Stories, Poetry Collections & Plays Stendhal, Jules Verne, Gustave Flaubert, Anatole France, Émile Zola, Victor Hugo, Guy de Maupassant, Jean-Jacques Rousseau, Alexandre Dumas, François Rabelais, George Sand, Marcel Proust, Gaston Leroux, Charles Baudelaire, Molière, Pierre Corneille, Jean Racine, Voltaire, Pierre Choderlos de Laclos, Alexandre Dumas fils, 2023-11-16 This unique collection of the greatest French classics is meticulously formatted for your eReader: A History of French Literature François Rabelais: Gargantua and Pantagruel Molière: Tartuffe or the Hypocrite The Misanthrope The Miser The Imaginary Invalid The Impostures of Scapin... Jean Racine: Phaedra Pierre Corneille: The Cid Voltaire: Candide Zadig Micromegas The Huron A Philosophical Dictionary... Jean-Jacques Rousseau: Confessions Emile The Social Contract De Laclos: Dangerous Liaisons Stendhal: The Red and the Black The Charterhouse of Parma... Honoré de Balzac: Father Goriot Eugénie Grandet Lost Illusions The Lily of the Valley A Woman of Thirty Colonel Chabert The Magic Skin The Unknown Masterpiece... Victor Hugo: Les Misérables The Man Who Laughs The Hunchback of Notre-Dame Toilers of the Sea... George Sand: The Devil's Pool Mauprat Alexandre Dumas pere: The Three Musketeers Twenty Years After The Vicomte de Bragelonne Ten Years After Louise de la Valliere The Man in the Iron Mask The Count of Monte Cristo... Alexandre Dumas fils: The Lady with the Camellias Gustave Flaubert: Madame Bovary Salammbô Bouvard and Pécuchet Sentimental Education... Émile Zola: Thérèse Raquin The Fortune of the Rougons The Kill The Dram Shop A Love Episode Nana Piping Hot Germinal His Masterpiece The Earth The Dream The Human Beast Money The Downfall Doctor Pascal... Jules Verne: Twenty Thousand Leagues Under the Sea Around the World in Eighty Days The Mysterious Island Journey to the Centre of the Earth From the Earth to the Moon Around the Moon In Search of the Castaways Guy de Maupassant: A Life Bel-Ami (The History of a Scoundrel) Mont Oriol Notre Coeur Pierre and Jean Strong as Death The Necklace The Horla Boul de Suif Two Friends Madame Tellier's Establishment... Charles Baudelaire: The Flowers of Evil Anatole France: The Revolt of the Angels The Gods are Athirst (The Gods Will Have Blood) Penguin Island Thaïs Gaston Leroux: The Phantom of the Opera The Mystery of the Yellow Room The Secret of the Night The Man with the Black Feather Marcel Proust: Swann's Way

The Greatest Works of French Literature: 100+ Novels, Short Stories, Poetry Collections & Plays Charles Baudelaire, George Sand, Anatole France, Molière, Voltaire, Stendhal, Émile Zola, Alexandre Dumas, Alexandre Dumas fils, Jules Verne, Victor Hugo, Marcel Proust, Guy de Maupassant, Jean-Jacques Rousseau, Jean Racine, François Rabelais, Gustave Flaubert, Gaston Leroux, Pierre Corneille, Pierre Choderlos de Laclos, 2020-07-07 This unique collection of the greatest French classics is meticulously formatted for your eReader: _x000D_ A History of French Literature _x000D_ François Rabelais: _x000D_ Gargantua and Pantagruel _x000D_ Molière: _x000D_ Tartuffe or the Hypocrite _x000D_ The Misanthrope _x000D_ The Miser _x000D_ The Imaginary Invalid _x000D_ The Impostures of Scapin... _x000D_ Jean Racine: _x000D_ Phaedra _x000D_ Pierre Corneille: _x000D_ The Cid _x000D_ Voltaire: _x000D_ Candide _x000D_ Zadig _x000D_ Micromegas _x000D_ The Huron _x000D_ A Philosophical Dictionary... _x000D_ Jean-Jacques Rousseau: _x000D_ Confessions _x000D_ Emile _x000D_ The Social Contract _x000D_ De Laclos: _x000D_ Dangerous Liaisons _x000D_ Stendhal

Cool Mythology Malcolm Croft, 2016-12-01 This fun book, part of the popular Cool series, is a fascinating introduction to world mythology, broken up into handy bite-sized chunks. It covers all the main world mythologies, including Sumerian, Incan, African, Native American, African, Egyptian, Persian, Hindu, Norse and, of course, Greek and Roman, including the famous Olympians (Zeus, Hera, Poseidon and others). It begins with a selection of creation myths from different cultures (for example the Dreamtime of Aboriginal Australian mythology) and delves into individual stories from mythology, such as Perseus meeting Medusa and Pandora’s box. It covers fantastical mythological creatures from the fearsome Manticore from Persian legend to the modern-day Yeti, plus giants, dragons and the Phoenix. It explores mythological places like Atlantis and various versions of the afterlife, from the idyllic Arthurian Avalon to the rather less pleasant Yomi, the dark and gloomy underworld of Japanese mythology. Ancient myths are still relevant to today’s society, explaining traditions and giving lasting moral lessons. But most of all, they’re entertaining adventures that connect us to the past - and this book is the perfect introduction to how cool mythology really is.

Weird, Scary & Unusual , 2008-01-01 The Armchair Reader series entertains and enlightens with little-known anecdotes, untold stories, and fascinating facts that make even the mundane fun. The Armchair Reader's innovative approach and witty style will capture the interest of all readers. Inside you'll find tantalizing tales of true hauntings, strange stories of otherworldly phenomena, and bizarre bits of human behavior. Learn how the testimony of a ghost got a man convicted of murder. Read about the fire that's been burning under a Pennsylvania town for more than 40 years. Uncover the mysteries of the Bermuda Triangle. Find out where America's most frightening monsters hang out. And much, much more. Pick up a copy today and start reveling in the lore, legends, and colorful characters that make up this weird and wacky world in which we live.

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