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Fast-Results...**

**HDL Cholesterol: The Good  
Cholesterol - WebMD  
Cholesterol levels are measured in**



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**milligrams (mg) of cholesterol per deciliter (dL) of blood or millimoles (mmol) per liter (L). When it comes to HDL cholesterol, higher numbers are better. To some extent, people who have naturally higher levels of HDL cholesterol are at lower risk of heart attack and stroke.**

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**Cholesterol Clarity : What the HDL  
Is Wrong with My ...**

**Cholesterol Clarity will not only tell  
you what your LDL, HDL,  
triglycerides, and other key  
cholesterol markers really mean,  
but it will arm you with what you**

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**can do nutritionally to become as  
optimally healthy as you can  
possibly be!**

**HDL cholesterol: How to boost your  
'good' cholesterol ...**

**HDL or “good” cholesterol works in  
opposite fashion, removing**

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**cholesterol from the arteries and returning it to the liver, where it is removed from the body. They point out that “high levels of LDL or “bad” cholesterol are associated with the development of plaques in the arteries.**

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**Cholesterol Clarity (Audiobook) by  
Jimmy Moore, Eric C ...**

**"Cholesterol Clarity" will not only  
tell you what your LDL, HDL,  
triglycerides, and other key  
cholesterol markers really mean,  
but it will arm you with what you  
can do nutritionally to become as**

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**optimally healthy as you can  
possibly be!**

**All You Like | Cholesterol Clarity  
What The HDL Is Wrong ...  
are you confused by what your  
cholesterol levels really say about  
your health don't you wish**

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**someone could just spell it out and  
simple easy to understand  
language and tell you what if  
anything you need to do about your  
cholesterol good news that's  
precisely what you get from the  
controversial new victory belt  
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**what the HDL is wrong with my  
numbers featuring ...**

**Cholesterol Clarity: What The HDL  
Is Wrong With My Numbers ...  
That's precisely what Cholesterol  
Clarity is designed to do. Jimmy  
Moore, a prolific and highly**



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**respected health blogger and podcaster, interviewed 28 of the world's top health experts from various fields to give you the complete lowdown on cholesterol.**

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**Cholesterol Clarity: What The HDL  
Is Wrong With My Numbers?  
[Jimmy Moore, Eric C. Westman] on  
Amazon.com. \*FREE\* shipping on  
qualifying offers. Are you confused  
by what your cholesterol levels  
really say about your health? Don't  
you wish someone could just spell**

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Numbers**  
**it out in simple**

**?Cholesterol Clarity: What the HDL  
Is Wrong with My ...**

**“The statin drugs that people are  
taking to lower their cholesterol  
levels actually cause the liver cells  
to die. When enough liver cells die,**

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there's less cholesterol in the blood. So naturally the cholesterol level goes down. But it's all a big farce!" This is something I've...

**Bonus: Jimmy Moore – Cholesterol Clarity: What The HDL Is ...**  
**Learn what the real deal is from**

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**some of the leading experts on the subject. Not only will *Cholesterol Clarity* tell you what your cholesterol tests--LDL, HDL, triglycerides, and other key cholesterol markers--really mean, but it will also arm you with nutritional guidance that will lead**

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you to optimal health.**

**Cholesterol Clarity: What The HDL  
Is Wrong With My Numbers ...  
HDL cholesterol levels greater than  
60 milligrams per deciliter (mg/dL)  
are high. That's good. HDL  
cholesterol levels less than 40**

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**mg/dL are low. That's not so good. In general, people with high HDL are at lower risk for heart disease. People with low HDL are at higher risk.**

**Cholesterol Clarity or More  
Disparity**

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**HDL cholesterol is another key marker. That's the so-called "good" cholesterol. What you want is that number to be over 50, optimally over 70. I think I recently had mine done, Jonathon, and it was 79, was my HDL, which is really good.**



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## **Cholesterol Clarity: What The HDL Is Wrong With My Numbers ...**

**Not only will Cholesterol Clarity tell you what your cholesterol tests—LDL, HDL, triglycerides, and other key cholesterol markers—really mean, but it will also arm you with nutritional guidance**

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**that will lead you to optimal health.  
Are you ready to find out what the  
HDL is wrong with your numbers?**

**Cholesterol Clarity : What The HDL  
Is Wrong With My ...  
Cholesterol Clarity will not only tell  
you what your LDL, HDL,**

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**triglycerides, and other key cholesterol markers really mean, but it will arm you with what you can do nutritionally to become as optimally healthy as you can possibly be!**

**Cholesterol Clarity: What The HDL**

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Is Wrong With My Numbers ...**

**Cholesterol Clarity will not only tell you what your LDL, HDL, triglycerides, and other key cholesterol markers really mean, but it will arm you with what you can do nutritionally to become as optimally healthy as you can**

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possibly be!**

**Amazon.com: Cholesterol Clarity:  
What The HDL Is Wrong ...  
"Cholesterol Clarity" will not only  
tell you what your LDL, HDL,  
triglycerides, and other key  
cholesterol markers really mean,**

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**but it will arm you with what you  
can do to become as optimally  
healthy as you can possibly be**  
**Featured Experts: Dr. William Davis,  
Dr. Ronald Krauss, Dr. Uffe  
Ravnskov, Dr. Robert Lustig, Dr.  
Duane Graveline, Robb Wolf, Dr.  
Chris Masterjohn, Chris Kresser,**

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**Gary Taubes, Dr. John Briffa, Dr.  
Thomas Dayspring, Dr. Fred  
Pescatore and two dozen more**

**Cholesterol Clarity: What The HDL  
Is Wrong With My Numbers ...  
What you see as LDL on your  
cholesterol test results is LDL-C, a**

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**calculated estimate, not a true number. Pattern B is the small, dense and potentially dangerous kind. Total cholesterol level is useless. When chol is in HDL, it's good. When it's in VLDL (TG), it's bad. And when it's in small dense LDL particles,...**



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