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tell you what your
cholesterol
tests—LDL, HDL,
triglycerides, and
other key
cholesterol
markers—really
mean, but it will

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

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Advanced
Clarity What
cholesterol testing
The HDL Is
is necessary to
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analyze blood
Numbers Jimmy
cholesterol levels
Moore
correctly.

cholesterol is very
important to your
body and low HDL
can be worse than
high HDL to heart
health. Statins are
overprescribed
because of the

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Cholesterol Clarity
will not only tell
you what your LDL,
HDL, triglycerides,

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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!

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~~What The HDL Is
Wrong ...~~

HDL is short for high-density lipoprotein. Each bit of HDL cholesterol is a microscopic blob that consists of a rim of lipoprotein surrounding a cholesterol center. The HDL cholesterol particle

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~~HDL Cholesterol:~~

~~“The Good~~

~~Cholesterol”~~

Cholesterol Clarity:

What The HDL Is

Wrong With My

Numbers? This was

a book I've been

looking forward to,

especially since it

was Jimmy's own

n=1 experiments

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that inspired me to get off my butt and begin my own n=1 experiments. I was also eager to see what he had to say regarding the phenomenon of elevated LDL on a low carb diet that many ...

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What The HDL Is~~

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~~Wrong With My
Numbers ...~~

High-density
lipoprotein

cholesterol. HDL
cholesterol is often
referred to as

"good" cholesterol.

HDL picks up
excess cholesterol
in your blood and
takes it back to
your liver where
it's broken down

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and removed from your body. If you have high LDL and low HDL cholesterol levels, your doctor will probably focus on lowering your LDL cholesterol first.

~~HDL cholesterol:
How to boost your
'good' cholesterol~~

...

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In *Clarity: What
The Hells
Wrong With My
Numbers* Jimmy
Moore
Clarity, he provides
an incredibly rich
and deep
consideration of
this 'cholesterol is
bad' message we
hear repeated so
often. I predict that
readers will
emerge from
reading this book
enlightened,
empowered, and

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with a renewed
appreciation for
just how much we
can achieve when
we ask the right
questions.

~~Cholesterol Clarity :
What The HDL Is
Wrong With My ...
HDL (high-density
lipoprotein), or
"good" cholesterol,
absorbs cholesterol~~

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and carries it back to the liver. The liver then flushes it from the body.

High levels of HDL cholesterol can lower your risk for heart disease and stroke. When your body has too much LDL cholesterol, the LDL cholesterol can build up on the walls of your blood

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~~LDL & HDL: Good &
Bad Cholesterol |
cdc.gov~~

LDL is also called
"bad" cholesterol
because it blocks
your blood vessels
and increases your
risk for heart
disease. HDL is
considered "good"
cholesterol

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Clarity: What
The HDL is
because it helps
protect you from
heart...

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Moore
~~What Are the
Recommended
Cholesterol Levels
by Age?~~

Cholesterol Clarity :
What the HDL is
Wrong with My
Numbers?,
Hardcover by
Moore, Jimmy;

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Westman, Eric C.,
ISBN 1936608383,
ISBN-13

9781936608386,

Brand New, Free
shipping in the US
Offers a

straightforward
introduction to
cholesterol, looking
at what cholesterol
test results mean
and offering
nutritional advice

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intended to
maintain optimal
health.

Wrong With My

~~Cholesterol Clarity :
What the HDL Is
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They describe the
“two types of blood-
borne cholesterol,
which are
distinguished by
their attached
lipoproteins: low-

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density lipoproteins (LDL) and high-density lipoproteins (HDL).” They point out that “high levels of LDL or “bad” cholesterol are associated with the development of plaques in the arteries.

~~Cholesterol Clarity
or More Disparity~~

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~~Doc's Opinion~~

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

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

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Jimmy is a prolific and highly respected health

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Clarity and
podcaster, and in
his new book
"Cholesterol
Clarity", he
interviews 28 of
the world's top
health experts
from various fields
to give you the
complete lowdown
on cholesterol.

~~Why Cholesterol Is~~

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

~~Cholesterol Clarity |
Book by Jimmy
Moore, Eric C.
Westman ...~~

Not only will
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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 you to optimal health.

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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

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~~Cholesterol Clarity
by Jimmy Moore,
Eric C. Westman ...~~

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tests--LDL, HDL,

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triglycerides, and
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