

Liar, Liar, Hearts on Fire

Is it possible that the low-fat diet was a big fat lie? lie? lie? lie? lie?

Todd R. Nordstrom

THE FAT CONTENT IN FOOD continues to decrease. Yet, our belt lines continue to increase. And, heart disease is more prevalent now than ever. Is the low fat diet helping or hindering our national epidemics of heart disease and obesity?

Statistically, the low-fat diet isn't helping. In fact, it's making the entire situation worse. The same diet recommendations that have been the focal point of public consensus, numerous fad diet plans, and the foundation of the government's famous food pyramid is creating a national health crisis.

"Quite frankly, the low-fat diet is a confusing mess," says Dr. Dwight Lundell, a heart surgeon with more than 25 years of experience and co-author of the new book *The Cure for Heart Disease—Unmasking the Real Cause of Heart Disease*. "In spite of the fact that there was no initial evidence to support the low-fat theory in the first place, the diet continues to be the focus of the government, the medical establishment, and almost every food manufacturer in this country. The American public is screaming for change. And, instead of looking closely at the low-fat theory and its results on our health—more incidences of heart disease and

obesity—we ignorantly continue lowering the fat content of our food supply. The lower it gets, the fatter we become. And, heart disease is out of control."

So, Americans are consuming less fat, yet the epidemics continue to spiral out of control? What about the good old slogan our mothers would drill into heads at the dinner table, 'You are what you eat.' Is that wrong?

"It is wrong," says Lundell. "Instead of focusing on what we put inside our bodies, we need to focus on what our bodies do with the foods we consume—what happens when those foods enter the metabolic process. When the U.S. Department of Agriculture (USDA) adopted the now famous food pyramid and began a public health campaign to change the diet of America, our nation began to face unimaginable health problems. The low-fat diet is not working. The food pyramid isn't working. It's not making our nation thinner and it's not reducing the incidence of heart disease."

So, there's a lot of wishful thinking going on in America today—an obese and unhealthy public is blindly hoping for a possible benefit from the low-fat diet. And, so far, all we've seen are negative effects. Nevertheless, the National Institutes of Health, the National Cholesterol Education Program, the American

Heart Association, the US Department of Agriculture, and a host of other medical organizations continue to promote and publicize the low-fat diet—even though the health of our nation is in dire need of rescue.

Is this a conspiracy theory? Are they trying to trick us?

"The low-fat diet is not a conspiracy," says Dr. Lundell. "It's simply a theory that isn't based on fact—the entire theory is based on incomplete science. All these groups have good intentions. But, let's look at the facts. There is no evidence to suggest that low-fat equals lower incidence of heart disease and obesity. In fact, all the evidence points in the opposite direction. So, when will the public, the politicians, the medical organizations, and the food manufacturers start waving their white flags and surrender to real science? I admitted that I was wrong, why can't they?"

Admitting he was wrong? Dr. Lundell is referring to his own career, and a pesky suspicion that haunted him through more than 25 years of surgical practice and more than 5000 open-heart surgeries.

"There came a point in my career when I realized that everything was

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Liar, Liar
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backward," says Dr. Lundell. "Medicine was only treating disease after people had become ill. We know the real cure for heart disease. So, why aren't we curing it? And, why do we continue to promote the low-fat diet theory? It isn't helping the situation. In fact, it's becoming much worse."

He's right. More people develop heart disease today than ever before. Every 34 seconds a person in this country dies of a heart attack. And, if you're curious how many people won't live to see tomorrow due to a heart attack—2500 Americans die each day. And, as far as reducing our waistlines, obesity rates in the United States remained stable at around 14 or 15% from 1900 to 1980. Since

then, the obesity rates have skyrocketed. Today, nearly 60% of the population is overweight or obese

So, is the low-fat diet really just one big fat lie?

"It may sound melodramatic, but I'm a guru of the facts," says Dr. Lundell. "Study after study has demonstrated the negative effects of consuming high-grain based diets and low-fats. I think it's about time the American public heard the truth about the low-fat diet. And, I think it's time that everyone knows, there is a cure for heart disease."

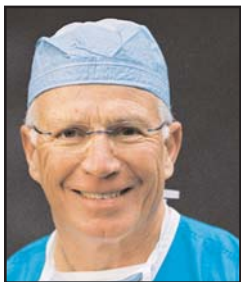
Dr. Lundell's new book, *The Cure for Heart Disease*, co-authored with Todd R. Nordstrom, details the rise of popularity for the low-fat diet—showing exactly how the low-fat

diet became public policy and consensus. He also details numerous studies that back his bold statements—denouncing the theory. And, he provides a solution to a problem that medicine has been bumbling with for decades—the elusive cure for heart disease.

"I know it's a bold statement, saying there is a cure for heart disease," says Dr. Lundell. "But again, as a former heart surgeon, I look to the facts—this statement is based only on science. We have the cure for heart disease."

Todd Nordstrom lives in Scottsdale, Arizona with his wife and three children. He is the Editor of a magazine, a chronic author, and an avid marathon runner.

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