



Many popular books, magazines, and websites claim that we have been following expert medical advice for the past 40 years and we are unhealthier than ever. They declare that the idea that saturated fats and cholesterol cause heart disease is the greatest scientific deception of our times and that a low-carbohydrate, high-fat diet is essential for our well-being.

These views have become accepted as the truth. Instead of informing our society about healthy dietary choices, they are causing widespread harm.

Richard explains why these prevailing views are based on myths, fabrications and distortion of the facts.

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