

the KETO CURE: A Low-Carb, High-Fat Dietary Solution to
Heal Your Body & Optimize Your Health

Nally, Adam S., DO & Moore, Jimmy. Las Vegas: Victory Belt Publishing, Inc., 2018.

Part 2 THE KETO CURE APPROACH TO DISEASE TREATMENT:
Chapter 7 ABNORMAL CHOLESTEROL (DYSLIPIDEMIA)

Questions

1. Use the bus analogy to describe the complex Cholesterol Metabolism.

pp. 75-77

2. Compare three types of density in LDL lipoprotein particles and how each can affect a person's health.

pp. 77-78

3. Use the pothole analogy to explain the finding of cause and/or correlation in research studies.

pp. 78-79

4. What is Absolute Risk vs. Relative Risk and how does it affect the research findings?

pp. 75 and 82

Part 2 Chapter 7 ABNORMAL CHOLESTEROL (DYSLIPIDEMIA)

5. What is the underlying cause of heart disease?

p.78

6. How can you lower cholesterol levels?

pp. 72-73

7. How does the French Paradox disprove the Diet-Heart Hypothesis?

p.74

APPLYING THE KETO CURE APPROACH

PRINCIPLE 1 LOWER INSULIN LEVELS WITH DIET:

8. Explain how you can lower cholesterol by removing carbohydrates from your diet.

p. 81-82

There are no specific concerns to managing cholesterol in

PRINCIPLE 2 AVOID ADDITIVES THAT RAISE INSULIN LEVELS &

PRINCIPLE 3 MODERATE PROTEIN WHERE APPROPRIATE

pp. 81 and 47

“CAUTION: Do not stop or modify your use of any medications without direct consultation with your doctor.”

p. 82

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PRINCIPLE 4 ELIMINATE PROBLEM MEDICATIONS:

9. How do statins affect a person's cholesterol levels and what are its side effects?

p. 82

There are no specific concerns to managing cholesterol in

PRINCIPLE 5 ADD MEDICATIONS THAT HELP

pp. 81 and 50

PRINCIPLE 6 CONSIDER APPROPRIATE SUPPLEMENTATION

10. What supplements may be beneficial in managing cholesterol?

p. 83