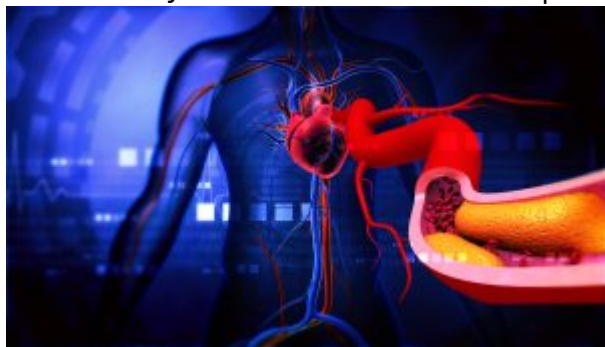


# From LDL to HDL: The Complete Guide to Cholesterol

written by Dr. Ronald Hoffman | September 24, 2025



September is Cholesterol Education Month. Jim LaValle is back with the latest research, debunking myths, and offering practical tips. Learn why cholesterol isn't the villain you think it is and how to manage it smarter.