Why It Looks Too Simple

The story behind MyCholesterolCare

My father had a stroke. He didn't survive it.

I was young. I didn't understand cholesterol then. I didn't understand how a number on a lab report could become a stroke. I just knew he was gone.

At 40, the same number showed up on my report.

Very high LDL. Very low HDL. My doctor put me on a heart-disease program.

I tried to fix it. I ate what I was told to eat. I moved the way I was told to move. For years.

The numbers barely moved.

Then the statins.

They worked. LDL came down. The doctor was satisfied.

But triglycerides went up. Fast. And then a scan showed calcification on my pancreas.

That's when I stopped trusting the "fix one number" approach.

What I did next

I started reading. Not blogs. Studies. I read about how cholesterol actually moves through the body. How the liver makes it. How food changes the ratio, not just the total. How triglycerides and LDL are connected, not separate problems.

I read about habits. Why most diet changes fail. Why willpower runs out. Why structure works better than motivation.

I read about people like me. People who had tried and failed. People whose doctors had done what they could. People who still needed something between the doctor's office and their kitchen.

I started making changes. Small ones. Specific ones. Not a diet. Not a plan. Just swaps. Just habits. Just a different way of moving through the day.

My numbers moved. Not overnight. Not dramatically. But steadily. In the right direction. For the first time.

Why the course looks too simple

Because it is simple. On purpose.

I tried complicated. Complicated didn't work. I tried diets that required tracking. I tried meal plans that required Sunday prep. I tried apps. I tried routines that lasted three weeks and then collapsed.

The course is what stayed after everything else fell away.

6 modules. Each one is short. Each one teaches one idea and one action. You finish a module, you've done one thing. That's the design.

18 lessons. Most take under 10 minutes. None require you to remember the last one. You can start anywhere. You can stop and come back.

52 recipes. No counting. No measuring beyond "a handful" or "a spoon." Several are written for people who also have trouble digesting fat — because that was me. Pancreatic calcification. Poor fat digestion. The "gentle digestion" recipes are the ones I cook most often myself.

$29. One payment. No subscription. No upsell. I set the price low because the people who need this are usually already paying for things that didn't work.

Will it work for you?

I can't promise that. I won't promise that. I'm not a doctor. This is not a medical program.

What I can tell you:

• The method is built on behavior science, not willpower. Habits last. Diets don't.

• The food swaps are the same ones that moved my numbers after years of failure.

• The recipes were tested by someone with both a cholesterol problem and a digestion problem. If you have both, this is one of the only resources at this price that addresses them together.

• The course is simple because simple is what works for ordinary people living ordinary lives. Not athletes. Not biohackers. People who have jobs and families and a lab result they're worried about.

If you've tried complicated and failed, this is the opposite of complicated.

What happens after you read this

You don't need to buy anything right now.

If the story resonates, the course is at **mycholesterolcare.com**. $29. You can start it today. You can finish it in a week or in a year. There's no schedule.

If you want to see more before you decide, the free email series covers the same ideas — one at a time, no pressure. Seven emails. Then we stop.

Either way, I hope your numbers move. Mine did. Not because I tried harder. Because I tried simpler.

— Andrius, founder, MyCholesterolCare

This is an educational course. It does not replace your doctor. If you take statins or other medication, talk to your doctor before making dietary changes. Some recipes in the gentle digestion collection are specifically designed for people with pancreatic insufficiency or poor fat digestion — they are not a treatment for those conditions.