



Cholesterol and Health

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I. Cholesterol and Health — Functions and Foods



- Cholesterol is a health-promoting substance. It is a critical component of cell membranes, the precursor to all steroid hormones, a precursor to vitamin D, and the limiting factor that brain cells need to make connections with one another called synapses, making it essential to learning and memory.

I. Cholesterol and Health — Functions and Foods

Some of the most nutritious foods like egg yolks and liver are also the foods richest in cholesterol. The anti-fat, anti-cholesterol campaign has demonized these foods for decades without any evidence they cause disease. To the contrary, they promote health.



II. The Cholesterol Myth That Is Harming Your Health

- o Cholesterol could easily be described as the smoking gun of the last two decades. It's been responsible for demonizing entire categories of foods (like eggs and saturated fats) and blamed for just about every case of heart disease in the last 20 years.
- o Yet when I first opened my medical practice in the mid-80s, cholesterol, and the fear that yours was too high was rarely talked about. Somewhere along the way however, cholesterol became a household word -- something that you must keep as low as possible, or suffer the consequences.

II. The Cholesterol Myth That Is Harming Your Health



- o You are probably aware that there are many myths that portray fat and cholesterol as one of the worst foods you can consume. Please understand that these myths are actually harming your health. Not only is cholesterol most likely *not* going to destroy your health (as you have been led to believe), but it is also *not* the cause of heart disease.

II. The Cholesterol Myth That Is Harming Your Health

- o And for those of you taking cholesterol-lowering drugs, the information that follows could not have been given to you fast enough. But before I delve into this life-changing information, let's get some basics down first.



II. The Cholesterol Myth That Is Harming Your Health

What Is Cholesterol, and Why Do You Need It?



- o That's right, you do *need* cholesterol.
- o This soft, waxy substance is found not only in your bloodstream, but also in every cell in your body, where it helps to produce cell membranes, hormones, vitamin D and bile acids that help you to digest fat. Cholesterol also helps in the formation of your memories and is vital for neurological function.

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II. The Cholesterol Myth That Is Harming Your Health

Your liver makes about 75 percent of your body's cholesterol, and according to conventional medicine, there are two types:

1. **High-density lipoprotein or HDL:** This is the "good" cholesterol that helps keep cholesterol away from your arteries and remove any excess from arterial plaque, which may help to prevent heart disease.
2. **Low-density lipoprotein or LDL:** This "bad" cholesterol circulates in your blood and, according to conventional thinking, may build up in your arteries, forming plaque that makes your arteries narrow and less flexible (a condition called atherosclerosis). If a clot forms in one of these narrowed arteries leading to your heart or brain, a heart attack or stroke may result.

II. The Cholesterol Myth That Is Harming Your Health

Also making up your
total cholesterol count
are:

- 0 **Triglycerides:** Elevated levels of this dangerous fat have been linked to heart disease and diabetes. Triglyceride levels are known to rise from eating too many grains and sugars, being physically inactive, smoking cigarettes, drinking alcohol excessively and being overweight or obese.
- 0 **Lipoprotein (a), or Lp(a):** Lp(a) is a substance that is made up of an LDL "bad cholesterol" part plus a protein (apoprotein a). Elevated Lp(a) levels are a very strong risk factor for heart disease. This has been well established, yet very few physicians check for it in their patients.

II. The Cholesterol Myth That Is Harming Your Health

Cholesterol Is Your Friend, Not Your Enemy



- o Before we continue, I really would like you to get your mind around this concept. In the United States, the idea that cholesterol is evil is very much engrained in most people's minds. But this is a very harmful myth that needs to be put to rest right now.

II. The Cholesterol Myth That Is Harming Your Health

- o "First and foremost," Dr. Rosedale points out, "cholesterol is a vital component of every cell membrane on Earth. In other words, there is no life on Earth that can live without cholesterol. That will automatically tell you that, in and of itself, it cannot be evil. In fact, it is one of our best friends. We would not be here without it. No wonder lowering cholesterol too much increases one's risk of dying. Cholesterol is also a precursor to all of the steroid hormones. You cannot make estrogen, testosterone, cortisone, and a host of other vital hormones without cholesterol."*

III. The Insanity of Lowering Cholesterol

The Insanity of Lowering Cholesterol



- o Sally Fallon, the president of the Weston A. Price Foundation, and Mary Enig, Ph.D, an expert in lipid biochemistry, have gone so far as to call high cholesterol "an invented disease, a 'problem' that emerged when health professionals learned how to measure cholesterol levels in the blood."³ And this explanation is spot on. If you have increased levels of cholesterol, it is at least in part because of increased inflammation in your body. The cholesterol is there to do a job: help your body to heal and repair.

III. The Insanity of Lowering Cholesterol

- o Conventional medicine misses the boat entirely when they dangerously recommend that lowering cholesterol with drugs is the way to reduce your risk of heart attacks, because what is actually needed is to address whatever is causing your body damage -- and leading to increased inflammation and then increased cholesterol.



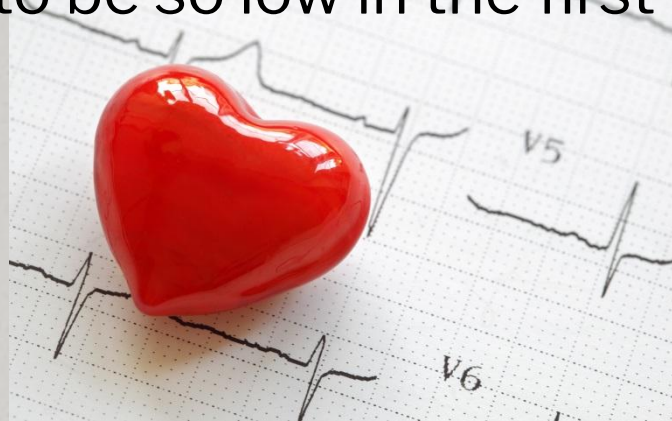
III. The Insanity of Lowering Cholesterol

As Dr. Rosedale so rightly points out:

o "If excessive damage is occurring such that it is necessary to distribute extra cholesterol through the bloodstream, it would not seem very wise to merely lower the cholesterol and forget about why it is there in the first place. It would seem much smarter to reduce the extra need for the cholesterol -- the excessive damage that is occurring, the reason for the chronic inflammation."

III. The Insanity of Lowering Cholesterol

- o* I'll discuss how to do this later in the report, but first let's take a look at the dangers of low cholesterol -- and how it came to be that cholesterol levels needed to be so low in the first place.



IV. Cholesterol sources

Overview

- Cholesterol, a waxy substance found in some foods and manufactured in the body, is necessary for the production of certain hormones, bile and vitamin D. Too much cholesterol, especially LDL cholesterol, can lead to a buildup of fatty deposits on the walls of the arteries and interfere with blood flow to the heart. According to the American Heart Association, dietary cholesterol, saturated fat, and trans fat all work to raise cholesterol levels in the body. High blood cholesterol levels increase the risk of stroke and coronary heart disease. The U.S. Department of Agriculture recommends that less than 10 percent of daily calories come from saturated fat, and that adults with healthy cholesterol levels consume no more than 300mg of dietary cholesterol per day.

IV. Cholesterol sources

Eggs and Oils



- o Egg yolks are the highest source of dietary cholesterol, and consuming oils high in saturated and trans fat, such as palm and coconut oils, can significantly increase blood cholesterol levels. Exchange egg yolks for egg whites or egg substitutes, and use olive or canola oil when cooking or preparing salad dressings.

IV. Cholesterol sources

Meat and Poultry



- o Meat and poultry are major sources of cholesterol, with a single serving containing as much as 70 milligrams of cholesterol. Organ meats -- heart, liver, brain -- are even higher in cholesterol and contain about 350 milligrams of cholesterol per serving. Removing the skin from poultry will reduce cholesterol intake, and replacing red meat with 6 ounces servings of white meat or fish will help keep cholesterol levels in check, according to the American Heart Association.

IV. Cholesterol sources

Dairy Products



- o Dairy products, including cheese, ice cream, and milk, are one of the primary sources of saturated fat and cholesterol in the U.S. diet, according to Harvard School of Public Health. Just 1 tablespoon of butter contains 10 percent of the daily value for cholesterol, and 1 cup of whole milk provides as much as 12 percent of the daily value, according to the FDA. Opting for low fat milk and dairy products, choosing frozen yogurt over ice cream, and using butter sparingly when cooking and eating can all help reduce cholesterol intake.

IV. Cholesterol sources

Snack Foods and Processed Foods



- o Commercially prepared baked goods and processed foods are typically high in trans fat, which raise levels of LDL while decreasing levels of HDL, the good cholesterol. Harvard School of Public Health states that eliminating trans fat from the diet can significantly reduce the risk of heart disease and death. The FDA states that a single doughnut contains 8 percent of the daily value of cholesterol.

CHOLESTEROL SOURCES

