

Disclaimer

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In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them.

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



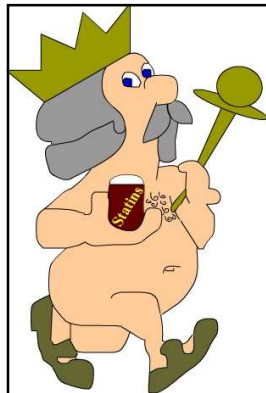
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Welcome!!!
Just hang On :o)
Our meeting will start soon.

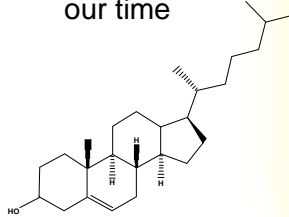


Fats, Oils, Cholesterol and Statin Drugs

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Statin Drugs the
"Emperor's New
Clothes" syndrome of
our time

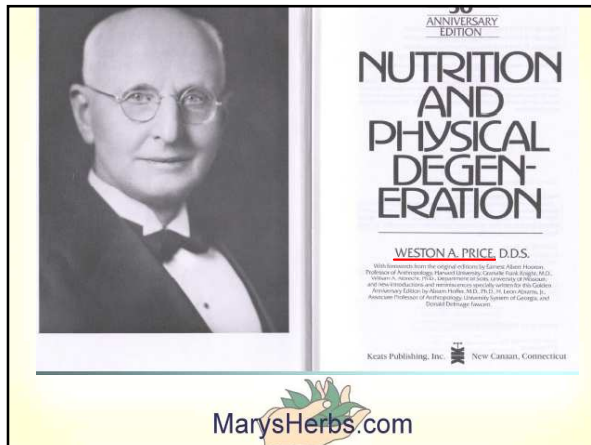


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Hypothesis: Cholesterol can safely be and NEEDS to be above 200.

- Literary Review
- 38,600** Google search “Cholesterol Myth” **2004**
- 1,120,000** Google search “Cholesterol Myths” **Jan 2007**
- Re-Oiling America Lectures NSP
- <http://www.THINCS.org> The International Network of Cholesterol Skeptics





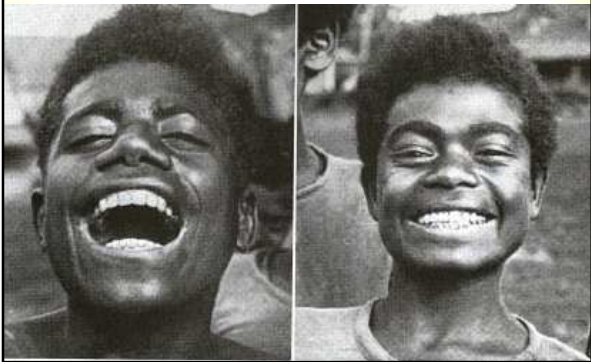
Primitive Swiss



Other Primitive Cultures



Other Primitive Cultures cont.



Modernized Swiss



Modern Swiss cont.



American Children often Have thin faces and need braces to straighten their teeth.

What was the difference?

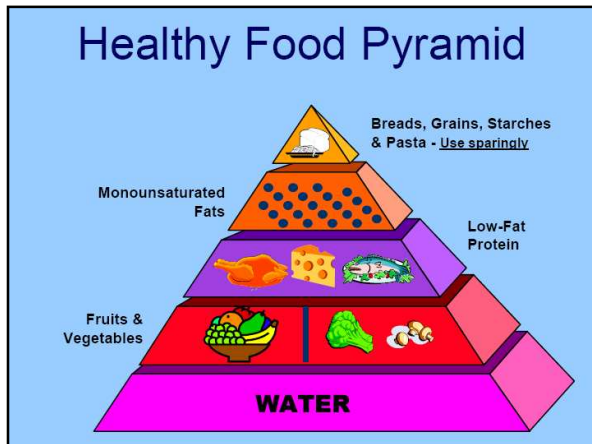
A question arises as to the efficiency of the human body in removing all of the minerals from the ingested foods. Extensive laboratory determinations have shown that most people cannot absorb more than half of the calcium and phosphorus from the foods eaten. The amounts utilized depend directly on the presence of other substances, particularly fat-soluble vitamins.

It is at this point probably that the greatest breakdown in our modern diet takes place, namely, in the ingestion and utilization of adequate amount of the special activating substances, including the vitamins [A and D] needed for rendering the minerals in the food available to the human system.

It is possible to starve for minerals that are abundant in the foods eaten because they cannot be utilized without an adequate quantity of the fat-soluble activators.


Weston Price, DDS
Nutrition and Physical Degeneration





MYTH #1: High Fat Foods Cause High Cholesterol

Fact: Although it can raise it mildly, most of the cholesterol in your blood is produced by the liver.


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1965 Study on Fats

Patients who had already had a heart attack divided into 3 groups

- Polyunsaturated Corn Oil
- Monounsaturated Olive Oil
- Saturated Animal Fats

1. Corn Oil Group had 30% lower cholesterol but only 52% alive after 2 years
2. Olive Oil Group had 57% alive after 2 years
3. Animal Fat Group had 75% alive after 2 years

Source: British Medical Journal 1965 1:1531-33


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MYTH #2 Too Much Cholesterol in Your Blood Causes Clogged Arteries

Fact: There is no correlation between serum cholesterol and atherosclerosis.



MYTH #3 Lowering Cholesterol Will Lengthen Your Life.

Fact: Although you will be less likely to have an Ischemic stroke, but you are more likely to have a hemorrhagic stroke.

Fact: According to studies you may be 12% less likely to have a fatal heart attack, but, you will be 1500% more likely to develop cancer



MYTH #3 Lowering Cholesterol will lengthen your life. (cont.)

Fact: You are twice as likely to die of heart failure if your cholesterol is below 129 then you are if your cholesterol is over 223.

Fact: Centurions who are active and have clear minds all have cholesterol over 250 and many up to 400.



MYTH #3 Lowering Cholesterol will lengthen your life. (cont.)

Fact: It also showed there was no increase risk of heart mortality in males even above 240 and actually a decrease in women whose cholesterol is over 240.

Fact: Reports to contrary is because it is extremely costly to conduct trials, only groups willing to pay for such trials are drug companies for potential profits.



MYTH #4: The Information Given to Us About Cholesterol Must be True or They Wouldn't Release the Information.

Fact: The 1984 Cholesterol Consensus Conference... Showed graphs which showed that serum cholesterol level of 200 to 240 were still in the normal range.

Fact: They have changed the number or "normal range" several times over the years.

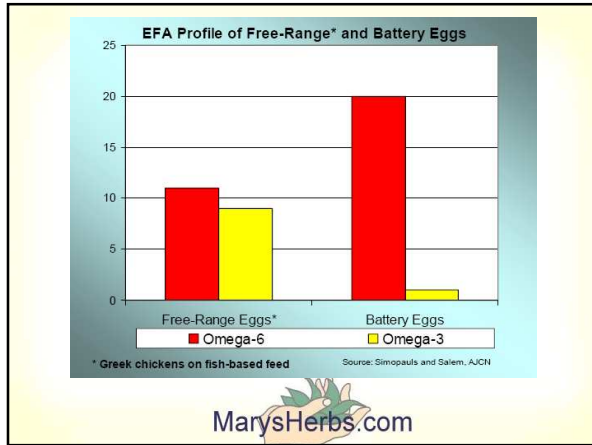


Interesting Thoughts To Put Information Into Perspective

- Cholesterol form in arteries but not veins
 - (inflammation) C-reactive protein
 - Lower Cholesterol
 - Plaque is the Repair Cement for arteries
- It is believed that dehydration, thick or acidic blood causes abrasions and minute tears in the lining of the arteries. And that the cholesterol is protecting and patching these arterial weaknesses







Need For Fats is Extensive

- Brain
- Myelin Sheathing
- Hormones
- Muscles
- Helps in the assimilation or manufacturing of Nutrients such as: Vitamin A, D, E and K
- Skin
- Lubrication in joints
- Antibodies
- Lubrication in tubes of the body
- Insulin Production
- Veins/Arteries
- Hair, Nails

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A Deficiency in Fats and Oils

Depression, Bipolarity, Violence, Suicide, Aggressive Behavior, Alzheimers, senility, PMS, Infertility, Tubal Pregnancies, Low Sperm Count/Mobility, Cancer (especially breast cancer) Gastro Intestinal or Respiratory Disease

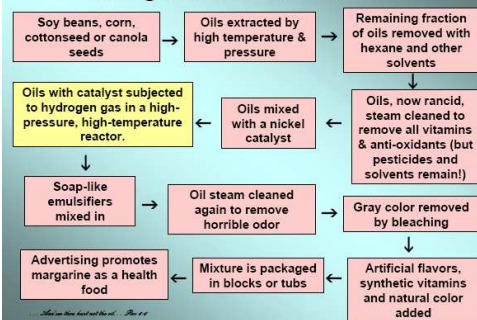


Bad Fats and Oils

- Hydrogenated fats: Margarine and shortenings
- Industrially Processed Vegetable Oils, Soy, Safflower, Corn, Cottonseed and Canola
- Any fats heated to very high temperatures



Margarine Manufacture



Good Fats and Oils (in foods)

Walnuts, Pumpkin Seeds, Brazil Nuts,
Sesame Seeds, Avocados, Leafy Greens,
Wheat Germ Oil, Salmon, Mackerel,
Sardines, Anchovies and Albacore Tuna



Good Fats and Oils (for cooking)

Butter, Beef and Lamb Tallow, Lard, Cold
Pressed Olive Oil and Sesame Seed Oil

Good Fats and Oils (supplements)

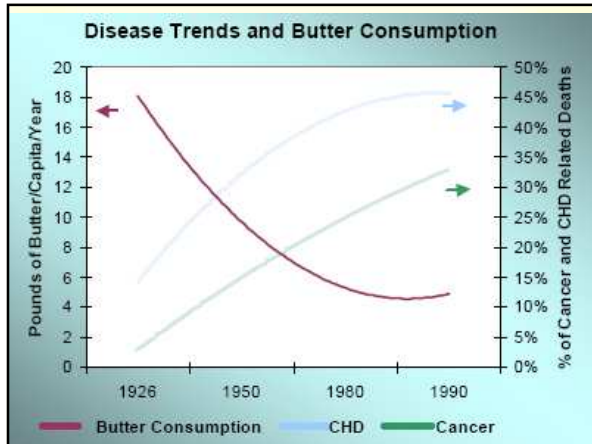
Flaxseed oil, Borage Oil, Evening Primrose
Oil, Coconut Oil, Palm Oil, Fish Liver Oils
and Black Currant Oil

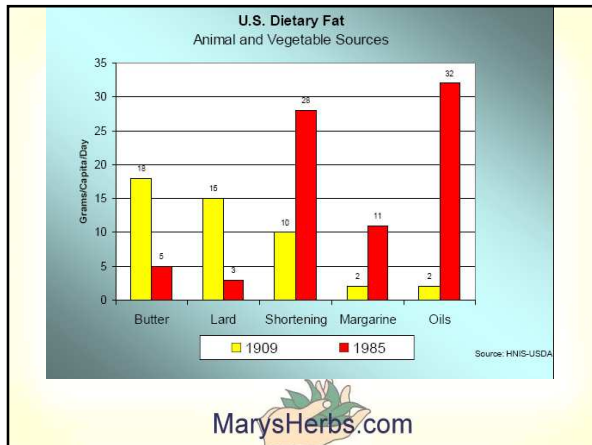


The Healing Miracles of Coconut Oil

- If there was an oil you could use for your daily cooking needs that helped protect you from heart disease, cancer, and other degenerative conditions, improved your digestion, strengthened your immune system, protected you from infectious illnesses, and helped you lose excess weight, would you be interested? This is what coconut oil can do for you.
- What Coconut Oil Does Not Do:
 - Does not increase blood cholesterol level
 - Does not promote platelet stickiness or blood clot formation
 - Does not contribute to atherosclerosis or heart disease
 - Does not contribute to weight problems







NEWS FLASH JAN 2005...

The guidelines update the previous recommendations made in 1993. The new recommendations still focus on lowering LDL, or "bad" cholesterol, with a level below 100 milligrams per deciliter of blood (mg/dL) still considered ideal. Increasing the number of victims from 13 million people to 36 million people.

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"In Framingham, Massachusetts, the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower people's serum cholesterol. . . we found that the people who ate the most cholesterol, ate the most saturated fat, ate the most calories weighed the least and were the most physically active."

*William Castelli, Director
The Framingham Study*

Archives of Internal Medicine, 1992



Statin Drugs

Lipitor (atorvastatin)

Zocor (simvastatin)

Pravachol (pravastatin)

Lesclo (fluvastatin)

Mevacor (lovastatin)

All Statin Drugs basically poison the liver so the liver is unable to produce as much cholesterol.



Side Effects of Statin Drugs

- Frustrates the (561 known) functions of the liver
- Depletes the heart (and other muscles) of CoQ10
- Myopathy (Deterioration) of the Muscles (muscle pain)
- Severe interaction with antibiotics
- Grapefruit increases absorption of Statin Drugs
- Inhibits Memory and Concentration
- Depression and Irritability
- Peripheral Neuropathy
- Sleeping Problems
- Fatigue
- Dizziness
- Vision changes
- Weight change
- Hunger
- Blood sugar Changes
- Dry skin or rashes
- Nausea
- Ringing in the ears



To Determine if You Are a Candidate for Plaque Build-up

- C-reactive protein test
- Homocystine test
- pH test

- Ideal Cholesterol Ratio.... 3:5:1
HDL:LDL:VLDL


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Natural Alternative To Statin Drugs

- Liver Cleanse
- Thai-go
- Vitamin E with Selenium
- pH Balanced diet
- Omega Oils
- Red Rice Yeast


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Summary of Cholesterol Research

Cholesterol levels increase naturally and gradually with age.

Very hard to get an accurate reading. Cholesterol levels vary with stress, time of day, fasting vs. non-fasting, type of test used.

In men, slightly greater risk of CHD for cholesterol levels above 350 (8.5). No appreciable difference in CHD rate for cholesterol levels of 180-350 (4.6-8.5) (vast majority).

In women and in the elderly, no appreciable difference in CHD rate for any level of cholesterol. *In fact, for these groups, higher cholesterol is associated with longer lifespan.*

Autopsy studies show zero correlation between estimated animal fat intake, and degree of atherosclerosis or serum cholesterol level.


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QUESTIONS?



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