

Cholesterol

- Cholesterol is a natural substance made by the liver.
- It is nearly impossible to eat the amount of cholesterol that we actually need, so our liver makes up the difference.
- There is no connection whatsoever between cholesterol in the food we eat and cholesterol in the blood.
- If you have a cholesterol test, it is important to note that 75-80 percent of that blood cholesterol is derived from the body, not necessarily the food you ate.
- Cholesterol is not as terrible as you have been led to believe. The latest studies are showing that diseased brains have low levels of cholesterol and fat, and that high levels of cholesterol actual equals a longer, healthier life!
- **'A low cholesterol level, especially after the age of 50, significantly increases your risk of dying'.**
Dr Malcom Kendrick, The Great Cholesterol Con
- *Glucose is NOT the brains' preferred fuel source, FAT is.* The brain uses fat exceptionally well; it is considered a brain 'super fuel'. This is why fat based diets are used to treat many neurodegenerative diseases.
- In fact, cholesterol is so important to the body, that every cell has a way to make its own supply.
- If you've had your cholesterol levels tested, you've probably lumped HDL and LDL into two different categories – one good (HDL) and one bad (LDL).
- LDL is certainly not bad, and is essential for our immune system. There are also 2 types of LDL. One type is small and dense; they can get stuck and cause formation of plaque. If there is a 'bad guy' this would be it.
- The other type of LDL is large and fluffy, buoyant and cannot get stuck. They are essential to health.
- When we have cholesterol tests, LDL is generally measured together, so there isn't really any way to know which type we have.

This can give you some idea:

- Low triglycerides + high HDL = Good LDL (large fluffy)
- High triglycerides + low HDL = Bad LDL (small dense)

- Cholesterol is at most a minor player in coronary heart disease and represents an extremely poor predictor of heart attack risk.
- Over half all patients hospitalized with a heart attack have cholesterol level in the 'normal' range.
- Cholesterol is one of the most critical chemicals in human physiology, especially as it relates to brain health. It is rarely, if ever, appropriate to consider high cholesterol alone to be a significant threat to health.

- We all make up to 2000mg of cholesterol every day because we desperately need it, and this is several times the amount found in our diets.
- Our bodies much prefer that we 'spoon-feed' our cholesterol from the foods we eat rather than manufacture it internally, as this is a complex process that puts a lot of strain on the liver.
- The cholesterol found in arterial plaque is not just any cholesterol, but *oxidized, damaged cholesterol*. Oxidized cholesterol is introduced into your system every time you eat something cooked in vegetable oil, or foods loaded with bad fats. As soon as the oil is heated and mixes with oxygen, it goes rancid. Rancid oil is oxidized oil, and should not be consumed.

Eating a low carbohydrate, high-fat diet lowers small dense LDL. Eating sugar and excess carbohydrates increases small dense LDL.

This is why I constantly recommend avoiding the following:

Polyunsaturated fats, trans fats, hydrogenated or partially hydrogenated oils including margarine;

Vegetable oils, vegetable fats, and Seed oils (safflower, sunflower, canola, grapeseed, cottonseed, corn).

Certain oils needs to be consumed cold, others are ok to be heated to low temperatures, and others can be used safely at high temperatures.

- **Eat mostly saturated fat**
- ***Eat meat fat (chicken skin and pork crackling) and coconut products.***
- ***Cook with bacon lard (left over from frying bacon), coconut oil and ghee.***
- **Eat a little monounsaturated fats.**
- ***Eat (cold/unheated) olive oil and avocado oil***
- ***Cook olive oil at medium temperatures only (not frying).***
- ***Cook with macadamia oil (which has a very high smoke point).***
- **Avoid polyunsaturated fats ('vegetable' oils)**
- **Don't touch trans fats**

The simple fact is this: a low cholesterol level increases the risk of death in men and women. This is the only fact that has never been contradicted by any study. It is also a fact that no one I have ever spoken to is aware of. The fact that a low cholesterol level is unhealthy may even make you think of your cholesterol level in a whole new way. Is it around 5.5 mmol/l and above? Good. Below 4.0 mmol/l? Watch out.

Dr. Malcom Kendrick. *The Great Cholesterol Con.*

"We used to say butter was good for your arteries and veins. Now we are told that it clogs our arteries and veins. Butter has almost become synonymous with phrases like "artery clogging saturated fat" or "the bad boy lurking in the fridge."

But, surprisingly, butter and other quality fats ACTUALLY do help keep our arteries clear. And that is because they were never the culprits behind clogged arteries. The real culprit is excess sugar and carbohydrate.

Not only that, if we do have calcification of the arteries from eating too much carbohydrate, eating plenty of butter helps clear it out! I know it sounds crazy, but it is true. Grass-fed butter is full of vitamin K2, which is a powerful vitamin that has virtually been eliminated from our diet since the low-fat craze.

Vitamin K2 is useful for all sorts of things, but perhaps its greatest benefit is the fact that it distributes calcium where it should be in the body. This means that it clears it out of where it shouldn't be.

Why have we virtually eliminated it? Unless we are eating a large serving of Japanese natto every day, we can NOT get vitamin K2 unless we eat animal fats such as grass-fed butter, grass-fed egg yolks, and fatty cheeses." ~**Christine Cronau**