

**CHOLESTEROL === NO INDEPENDENT RISK FACTOR
FOR HEART ATTACKS AND STROKES**

Studies showing that high total cholesterol, despite the unrelenting barrage of drug company propaganda and health food industry propaganda to the contrary, is not even an independent risk factor for heart attacks and strokes:

Gilman, et al. Journal of the American Medical Association. December, 1997.

Leddy, et al. Medicine and Science in Sports and Exercise. Volume 29, 1997.

Journal of the American Medical Association. 281(15):1387-24, 1999.

The Journal of Lipid Research. 41(5):834-39, 2000.

Here is another very good reference from a study done at Harvard that showed no correlation between serum cholesterol and cardiovascular disease (CVD). The significant risk factor was found to be high triglycerides, especially when accompanied by low HDL cholesterol.

Circulation Volume 96 p 2520-25, 1997.

If your patients still are convinced that high serum cholesterol is bad and low cholesterol is somehow healthy, then enlighten them with these facts:

A low cholesterol level (less than 180) is associated with devastating pathologies (References 1, 2, 3):

- a **HUGE** increase in stroke
- a **HUGE** increase in liver cancer
- a **HUGE** increase in lung disease
- a **HUGE** increase in depression (and increased suicide)
- a **HUGE** increase in addictive behavior

[For more information on the devastating health consequences of cholesterol that is too low --- read the Article, "WARNING!!! --- DO NOT PUSH LDL TOO WITH STATINS ... LDL DEFICIENCY IS A GREATER HEALTH RISK THAN HIGH LDL".]

Furthermore, the correlation between serum cholesterol and CVD is becoming more tenuous all the time. Even William Castelli, M.D., a former director of the famous Framingham heart study (the one that originally supposedly implicated cholesterol as a problem in CVD), notes that people with cholesterol **lower than 200** suffer nearly 40% of all heart attacks. (4) Think of it – low serum cholesterol means you have a 200% increased chance of having

a stroke, and now, high cholesterol is no longer thought to be significantly correlated with heart attacks. How many people over the last 40 years have negatively impacted their health by decreasing saturated fat and increasing poly-unsaturated oils in their diets in the name of preventing CVD? It has all been a hoax perpetrated largely by the seed oil industry and abetted by the pharmaceutical industry.

Here is another interesting study that just happens to be sitting on my desk. 300 vegetarian patients at an Indian hospital were studied and the findings indicate that fully 70% of them were admitted suffering from heart disease or at risk of heart attack. Apparently, following the commonly prescribed medical advice to avoid saturated fats and cholesterol in the diet did not pay off for these sick vegetarians.

[For a more detailed account of how the seed oil industry and pharmaceutical industry propaganda created The Cholesterol Myth --- see our Article, "CHOLESTEROL --- You Are Being Snookered by Both the Health Food Industry and the Medical-Pharmaceutical Establishment".]

The only greater hoax is the prescription of cholesterol-lowering drugs. **Statin drugs do not prevent cardiovascular disease; they cause cardiovascular disease.** The truth, aggressively suppressed, is that the Statin drugs have irreversible and often fatal consequences, including cardiomyopathy, congestive heart failure, and rhabdomyolysis. Researchers have now discovered that one reason for the deadly side effects of cholesterol lowering drugs is that they deplete the body of Coenzyme Q-10. (5)

[For a detailed account of both the dangers of statin drugs and an explanation of why statin drugs are not effective in preventing heart attacks and strokes, read the Articles, "STATIN DRUGS ARE INEFFECTIVE", and, "STATIN DRUGS ARE DANGEROUS".]

REFERENCES:

1. Ueshima, et al. "Is It Desirable To Reduce Total Serum Cholesterol As Low As Possible?" Preventive Medicine 8:1, 104-105 Jan 1979.
2. Beaglehole, et al. "Cholesterol And Mortality In New Zealand." British Medical Journal 280: 6210, 285-287, Feb 1980.
3. Virkunen, et al. "Serum Cholesterol In Antisocial Personality." Neuropsychology 5: 1,27-30, 1979.
4. Castelli, William. Associated Press, 1998.
5. Biofactors. 2003;18(1-4):101-11. The clinical use of HMG CoA-reductase inhibitors and the associated depletion of Coenzyme Q-10. Langsjoen, et al.

[A major thesis of the cholesterol myth is that it is LDL cholesterol (“bad cholesterol”) that is the villain in cardiovascular disease. For references from the medical literature shattering this myth, read the Articles, “HIGH LDL CHOLESTEROL IS NOT AN INDEPENDENT RISK FACTOR FOR HEART ATTACKS AND STROKES”, and, “WARNING!!! --- DO NOT PUSH LDL TOO LOW WITH STATINS ... LDL DEFICIENCY IS A GREATER HEALTH RISK THAN HIGH LDL.”]