WARNING!!! --- DO NOT PUSH LDL TOO LOW WITH STATINS ...
LDL DEFICIENCY IS A GREATER HEALTH RISK THAN HIGH LDL

LDL has been labeled (inappropriately) as the "bad" cholesterol. Yet it is LDL that is responsible for carrying fat-soluble nutrients and CoQ10 in the blood. Furthermore, many of the risks from taking statin drugs are not just from the direct damaging effect of the statin itself, but are caused by LDL being pushed too low. In particular, the increased incidence of Type 2 Diabetes among those on statins is not just a direct effect of the drug, but is associated with the metabolic disturbances of LDL being too low. (Studies show that low LDL is also linked to various immune system disorders, memory loss, and certain forms of cancer.)

Here are a few of the references in support of the many health problems associated with sub-normal serum cholesterol levels:

1. Beaglehole, et al, Cholesterol and Mortality in New Zealand. British Medical Journal 280:6210, 285-287, Feb, 1980. This study looked at mortality rates and discovered that a cholesterol level significantly below 200 was paralleled by greater than expected mortality due to cancer and other causes of death even when they were corrected for poor initial health, blood pressure, and excessive weight.

2. Oster, et al, The Prognostic Significance of Hypo-cholesterolemia in Hospitalized Patients. Klinische Wochenschrift 59:15, 857-860, Aug 1981. This study showed that mortality and morbidity was increased in low cholesterol patients with increases of 36% incidence of heart problems, 31% increased incidence of liver disease, and 33% increased incidence of malignancies.

3. A study done at The National Institute Of Health and published in the Journal Of The American Medical Association 244:1,25, July 1980 -- showed that serum cholesterol below 180 was strongly correlated with mortality risk from various types of cancer.

4. Ueshima, et al, Is It Desirable To Reduce Total Serum Cholesterol As Low As Possible? Preventative Medicine 8:1,104-105 Jan 1979. This study showed a nearly 200% increase in strokes (both cerebral hemorrhage and cerebral infarction) in patients with cholesterol levels between 150 and 180.

5. International Collaborative Group: Circulating Cholesterol Level and Risk of Death From Cancer. Journal Of the American Medical Association 248:1, 2853-2859, 3, December 1982.

There are many studies on the correlation between low cholesterol and various emotional and behavioral problems. Some of those were listed in the Article, "CHOLESTEROL --- YOU ARE BEING SNOOKERED BY BOTH THE HEALTH FOOD INDUSTRY AND THE MEDICAL-PHARMACEUTICAL ESTABLISHMENT". Here are four more:

- Jenkins et al, Psychological Traits and Serum Lipids. Psychosomatic Medicine 31:2,115-128 March/April 1969.

- Sletten, et al, Blood Lipids and Behavior in Mental Hospital Patients. Psychosomatic Medicine 26:3, 261-266 May/June 1964.

- Virkkunen, et al, Serum Cholesterol In Anti-Social Personality. Neuropsychobiology 5:1,27-30, 1979.

- Virkkunen, et al, Serum Cholesterol In Aggressive Conduct Disorder. Biological Psychiatry 19:3,435-439, 1984.

Breast cancer is associated with elevated triglycerides and elevated VLDL. Breast cancer incidence is also higher in women with low total cholesterol and low HDL. Low total cholesterol and low LDL along with low VLDL and triglycerides are associated, not with breast cancer, but with benign breast disease. Plasma levels of VLDL and triglycerides significantly discriminate between patients with benign breast disease and those with breast cancer. Higher levels of total cholesterol and HDL are significantly associated with reduction in breast cancer. Furthermore, low total cholesterol and low LDL levels are significant predictors of non-responders to breast cancer treatment.

Franky Dhaval Shah, et al. Significance of alterations in plasma lipid profile levels in breast cancer. Integr Cancer Ther, 2008.

Alirocumab is a drug designed to be taken with statins to potentiate the effect of driving down LDL (to a dangerously low level). The drug's mechanism of action is blocking a protein that prevents the liver from pulling LDL cholesterol out of the blood stream. The resulting low LDL can lead to memory loss, sexual dysfunction, vision problems and many other nasty side effects. (Read the Article entitled, "STATIN DRUGS ARE DANGEROUS".)

This is by no means an exhaustive list of all the references showing the correlation between various pathologies and low serum cholesterol. We should clarify that a direct cause-and-effect link is not necessarily established between

low LDL and these various conditions -- only that there is a correlation. In other words, it is possible that the low LDL could indeed be causing these pathologies --- or, these pathologies could be causing the low cholesterol, or, some third factor could be the cause of both the low cholesterol and these pathologies. In any event, the point to understand is that low cholesterol is not necessarily a sign of better health --- and --- is correlated with serious and potentially even life-threatening pathologies. ----- The medical-pharmaceutical establishment goal of driving LDL as low as possible is not only ill-conceived, it is not supported by the research literature, and is potentially dangerous …

You absolutely must read the Articles entitled, "STATIN DRUGS ARE DANGEROUS", and, "HIGH LDL CHOLESTEROL IS NOT AN INDEPENDENT RISK FACTOR FOR HEART ATTACKS AND STROKES".