

HEART DISEASE – CHOLESTEROL UNMASKED AND EXHONERATED

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Wishing you a happy n' healthy new year! Following a break to allow for holiday festivities and focus, I'm back – ready to continue my breathtakingly exciting series on heart disease. Kidding about the excitement, but I hope you find this information useful in any case! Last time I tried to explain that cholesterol is not at all the monster we've been led to believe it is, but is instead the master steroid hormone of life, from which all of our sex hormones are derived, as well as our adrenal hormones, and by which – in conjunction with exposure to the sun – we are able to manufacture life-saving vitamin D3 (*not* a vitamin at all, but a hormone, by the way). I talked about the formation of atherosclerotic plaque, pointing out that plaque forms when damage to the arterial walls requires some patching up. Although it is true the plaque can build up and eventually occlude the affected vessel – resulting in heart attack – the plaque is not the “root” cause of the problem...AND cholesterol comprises a very small percentage of that plaque.

Feast your eyes on this intriguing excerpt from *The Benefits of High Cholesterol* by Uffe Ravenskov, M.D., Ph.D.: *“People with high cholesterol live the longest. This statement seems so incredible that it takes a long time to clear one’s brainwashed mind to fully understand its importance. Yet the fact that people with high cholesterol live the longest emerges clearly from many scientific papers. Consider the finding of Dr. Harlan Krumholz of the Department of Cardiovascular Medicine at Yale University, who reported in 1994 that old people with low cholesterol died twice as often from a heart attack as did old people with a high cholesterol.¹ Supporters of the cholesterol campaign consistently ignore his observation, or consider it as a rare exception, produced by chance among a huge number of studies finding the opposite.*

“But it is not an exception; there are now a large number of findings that contradict the lipid hypothesis. To be more specific, most studies of old people have shown that high cholesterol is not a risk factor for coronary heart disease. This was the result of my search in the Medline database for studies addressing that question.² Eleven studies of old people came up with that result, and a further seven studies found that high cholesterol did not predict all-cause mortality either.

“Now consider that more than 90% of all cardiovascular disease is seen in people above age 60 also and that almost all studies have found that high cholesterol is not a risk factor for women.² This means that high cholesterol is only a risk factor for less than 5 % of those who die from a heart attack.

But there is more comfort for those who have high cholesterol; six of the studies found that total mortality was inversely associated with either total or LDL-cholesterol, or both. This means that it is actually much better to have high than to have low cholesterol if you want to live to be very old.”

In *Dangers of Statin Drugs: What You Haven't Been Told About Popular Cholesterol-Lowering Medicines* by Sally Fallon and Mary G. Enig, Ph.D., the following preposterously politically incorrect paragraph can be found:

“Hypercholesterolemia is the health issue of the 21st century. It is actually an invented disease, a ‘problem’ that emerged when health professionals learned how to measure cholesterol levels in the blood. High cholesterol exhibits no outward signs – unlike other conditions of the blood, such as diabetes or anemia, diseases that manifest telltale symptoms like thirst or weakness – hypercholesterolemia requires the services of a physician to detect its presence. Many people who feel perfectly healthy suffer from high cholesterol – in fact, feeling good is actually a symptom of high cholesterol!”

I love that last line: *“Feeling good is actually a symptom of high cholesterol!”*

Alas, once again I am running out of time and space. I thought it important, however, that you understand I am not making this stuff up! Next week I will tell you exactly how the statin drugs can send your health spiraling downward. Did you know that one of the most important factors contributing to the aging process is a decline in our level of cellular energy? ...that the formation, rejuvenation, and function of our muscles (the heart is a *muscle!*) are vitally dependent on an abundant supply of cellular energy?... that cellular energy production begins to drop off at age 30 on its own and that the popular statin drugs act to snuff it out entirely? Hmmm... makes me wonder...When did you start taking your cholesterol-lowering medication? Feeling any better... or *worse?*

1. Krumholz HM and others. Lack of association between cholesterol and coronary heart disease mortality and morbidity and all-cause mortality in persons older than 70 years. *Journal of the American Medical Association* 272, 1335-1340, 1990.
2. Ravnskov U. High cholesterol may protect against infections and atherosclerosis. *Quarterly Journal of Medicine* 96, 927-934, 2003.