



Why Does Everyone Say to Lower LDL Cholesterol?

In my last newsletter I promised to disclose why it is believed that many people need to lower their LDL. First, what does LDL mean? LDL stands for Low-Density Lipoprotein (LDL). You may be shocked to learn that High-Density Lipoprotein (HDL) is the same cholesterol – it is merely the “packaging” that is different. Most publications mislead you into thinking that there are 2 different cholesterol; that LDL is “bad” and that HDL is “good.”

This is untrue. Furthermore, cholesterol is one of the most important substances that your body requires; either readymade from food or that your body makes itself. Then why is cholesterol termed “bad?” Here’s the answer: Cholesterol transports those critical EFAs that we’ve spoken about before into every one of your 100 trillion cells. About 80% of cholesterol is composed of fats and oils (Current Atherosclerosis Reports 2004). The majority of an arterial clog, 55%, comes from **defective** cooking oils, containing mainly damaged omega 6. Most of us unknowingly purchase these oils in the cooking oil section of the supermarket. These are the oils we fry with and the oils added to most packaged foods; both fresh and frozen.

Here’s another shocker. It’s not the saturated fat —it’s the **adulterated** omega-6 from food processing that clogs arteries! Contrary to what we have heard for decades, it is **not** the saturated fat you eat that clogs your arteries! How do we know this? A 1994 Lancet article reported investigating the components of arterial plaques. In an aortic artery clog, they found that **there are over ten different compounds in arterial plaque, but NO saturated fat**. This means the bacon, eggs, cheese, steak, whipped cream, etc. isn’t the reason for a clogged artery. These natural saturated fats are actually good for you. You need them for body structure.

With the consumption and transport of **defective** processed oils, LDL cholesterol acts like a “poison delivery system,” bringing deadly trans fats and other ruined oils into the cells. It is primarily the oxidized (adulterated) parent omega-6 that clogs the arteries, NOT saturated fat!

Next, let’s destroy the fish oil myth. Four (4) medical journals reported the truth but the popular magazines and newspapers never did. Cardiovascular Research 2002, Annals of Internal Medicine 1999, Journal of the American College of Cardiology 1995 (Harvard Medical School), and European Journal of Clinical Nutrition 2003 all reported that fish oil supplements were **WORTHLESS** in preventing heart disease and even made heart disease worse! Consuming fish instead of fish oil capsules didn’t help, either. Have you heard of these findings? It’s not likely. No physician I spoke with knew of these findings. They were shocked. We keep getting misled spending time, effort and money in the wrong places. You need to know that consuming 2 servings of fish each week offered no heart protection whatsoever. Fish oil is 100% omega 3 “derivatives.” Your body makes all the “derivatives” it needs from the “parent” oils on its own. When we overdose on the derivatives your body doesn’t want them and you can unknowingly cause yourself great harm.

It gets worse. The International Society for the Study of Fatty Acids and Lipids (ISSFAL) in Tsukuba, Japan in 2000 reported that fish oil **decreases a wide range of immune cell responses**. Fish oils actually lowers your immune system. Fish oil also causes **increased cellular bacteria [infection] and impaired tumor cell killing – meaning if you have cancer, fish oil makes it worse**. This is truly life-saving information that everyone needs to know. Therefore, please stop taking fish oil and start using a combination of organic, unprocessed “parent” omega 6 with a little of the “parent” omega 3. I favor a ratio of about 2/1 omega 6/3. These oils naturally balance cholesterol (Textbook of Medical Physiology).

The recipe below is a great low-carb alternative to rice!

“Cauliflower Rice”

Ingredients:

1 large head of cauliflower, cut into florets
2 tablespoons coconut oil
1 onion, finely diced
2 cloves of garlic, crushed
2 tbs vegetable, chicken or beef stock
Salt and freshly ground pepper to taste
You can season as you would when normally making rice.

Instructions:

1. Trim most of the stalk from the cauliflower florets.
2. Chop the cauliflower finely until it resembles rice grains.
3. Heat the oil in a saucepan and fry the garlic onions and finely diced cauliflower for about 2 minutes
4. Season with salt, pepper and any other seasoning you would normally use with rice.
5. Add the stock and continue cooking for a further 2 minutes.

The dish should resemble savory rice, but without the carbs. Serve in place of rice with your favorite rice dishes.