

THE TRUTH ABOUT CHOLESTEROL



HOW TO LOWER YOUR CHOLESTEROL & TRIGLYCERIDE LEVELS NATURALLY

Chapter

1

High Cholesterol: A Pressing Issue

What Is Cholesterol?

In simple terms, Cholesterol is a waxy, fat-like substance that's found in all the cells in your body. Having too much cholesterol (high cholesterol) in your blood causes it to combine with other substances in the blood to form plaque.

It's kind of like the plaque on your teeth only your doctor can't give you a good cleaning every six months to make it go away.

Now, there are different types of cholesterol and each one has its own purpose.

HDL, LDL, and VLDL are lipoproteins. They're a combination of fat (lipid) and protein. These lipids need to be attached to the proteins so they can move through the blood.

HDL (high-density lipoprotein) is sometimes called "good" cholesterol. HDL carries cholesterol from other parts of your body back to your liver. Your liver then removes the cholesterol from your body.

LDL (low-density lipoprotein) is sometimes called "bad" cholesterol because a high LDL level leads to the buildup of plaque in your arteries. *LDL mainly carries cholesterol.*

VLDL (very low-density lipoprotein) can also be called "bad" cholesterol because it's said to also contribute to the buildup of plaque in your arteries. *VLDL mainly carries triglycerides.*

So What Causes High Cholesterol?

Some research says one of the most common causes of high cholesterol is eating unhealthy fats. One type of unhealthy fat is saturated fat. This is found in some meats, dairy products, baked goods, and processed foods. Another type, trans fat, is found in

some fried and processed foods. Basically, the American diet...and eating these can raise your LDL (bad) cholesterol.

Then add in lots of sitting and little exercise which lowers your HDL (good) cholesterol.

And as of 2020, the CDC states that 30.8 million U.S adults smoke cigarettes, which lowers HDL cholesterol, especially in women, *and* also raises LDL cholesterol. ¹

In general, the statistics paint a grim picture of how we as Americans live and our risk of being diagnosed with high cholesterol.

The Alarming Risk Of High Cholesterol

In addition to what you eat, there are a number of things that can raise your risk for high cholesterol. According to the CDC, "Everyone's risk goes up with age. This is because as we age, our bodies can't clear cholesterol from the blood as well as they could when we were younger." ² On top of that, those with medical conditions like type 2 diabetes and obesity have an increased risk.

And just in case you were wondering, 21million Americans have type 2 diabetes ³ and more than 2 in 5 adults (42.4%) have obesity (including severe obesity). ⁴

Your family history plays into your high cholesterol risk. You may be diagnosed with a genetic condition, but it's more likely that it's hereditary due to sharing behaviors, lifestyles, and environments.

And the CDC estimates that approximately 93 million Americans over 20, or close to 40 percent of the U.S. population, have high cholesterol. ⁵

And even though there's more information available today about the risk of high cholesterol, the number of people diagnosed continues to increase.

Why is this cause for concern? Well, when that plaque buildup hardens and narrows your arteries it can lead to decreased blood flow in your coronary arteries causing chest pain, blood clots, heart attack, or stroke.

But does this matter to you?

Well, heart disease is the leading cause of death in the United States, and stroke is the fifth leading cause. And with nearly 1 in 3 Americans affected by high cholesterol, it's worth looking into.

6 Myths About Cholesterol

It's no surprise that we're inundated with opinions from everyone at all times. There seems to be an expert in everything and none of them have the same views. To alleviate the confusion we've compiled the most common myths and the facts behind them from a variety of scientific research.

Myth 1: All cholesterol is bad

Cholesterol is a vital component found in your body. It's also key in the production of steroid hormones, vitamin D, and bile acid. While high levels are a risk factor for disease, we could not survive without any cholesterol.

In a medical news article, Dr. Greenfield explained it like this: "Cholesterol isn't bad. Our bodies weren't designed to live in an environment where food was in excess, and so when cholesterol is in excess, it will be deposited in our body. And that deposit center can often be our blood vessels, and that's when it's bad for us."

Myth 2: I'm not overweight, I can't have high cholesterol

Even if you are a healthy weight, your cholesterol can be high. There are many factors that contribute to high cholesterol. Cholesterol levels are affected by genetics, thyroid function, medications, exercise, sleep, and diet.

There are also things that put you at greater risk of high cholesterol that you can't change like your age and genetics.

Myth 3: I'd know if I had high cholesterol

High cholesterol usually has no signs or symptoms. It's a silent buildup of plaque. You may not know you have unhealthy cholesterol levels until it is too late. ⁶

These late symptoms happen when the cholesterol has caused plaque buildup. This comes in the form of heart and blood vessel damage and blockage and can cause chest pain, stroke, or heart attack.

Myth 4: High Cholesterol only affects men

According to the CDC ⁷ “when considering men versus women, the prevalence of high total cholesterol was 10.5% in men and 12.1% in women.”

While “premenopausal women may have some protection from high cholesterol, compared to men, it’s because the female hormone estrogen is highest during the childbearing years and it tends to raise HDL (good) cholesterol levels.” ⁸ So while this is true, cholesterol levels can still rise in postmenopausal women leaving them at risk of high cholesterol as well.

Myth 5: There’s nothing I can do about my cholesterol level

There’s so much that can be done to lower your LDL and VLDL levels. It may not be fun or easy, but try to maintain a healthy weight, eat the right foods, exercise, avoid smoking, and avoid excessive alcohol use. Allowing the plaque to build up in your veins and possibly cause a slew of health issues, or death isn’t fun either.

Myth 6: I take statins, I can eat what I want

Absolutely false. If you eat whatever you want and consume excess calories, you will no doubt gain weight. Statins do not help with weight reduction, they lower the ‘bad’ LDL cholesterol. You still have to take other measures to protect your body and prevent disease.

Chapter 2

The Cholesterol Controversy

Finding The Source

According to statista.com, the United States spends more on health care than any other country. Annual health spending was **over four trillion U.S. dollars** in 2020, and personal health care expenses totaled 10,202 dollars per resident. ⁹

Think about how much your household spent on medications, office visits, and lab work last year (or last month). And for what? How long will this continue? Even if your cholesterol levels are lower, you have to maintain those prescribed medications.

So even with all the millions of dollars spent on research, scientific case studies, and medical advancements...there is no cure. Why do you think that is?

Doctors shouldn't be the only ones who are skeptical.

The Cholesterol Controversy

For as long as I can remember, scientists have recommended that people consume under 300 milligrams (mg) of cholesterol each day to maintain good cardiovascular health. ¹⁰

But new research hasn't been able to determine a significant relationship between dietary cholesterol and the risk of cardiovascular disease. ¹¹

Because of the current research, the American Heart Association and the American College of Cardiology have not specified a target for daily dietary cholesterol intake.

There are millions of marketing dollars spent on maintaining the belief that heart disease is directly caused by eating too much fat and cholesterol, and that statin drugs are the answer.

This has created a market for cholesterol-lowering drugs worth more than \$30 billion a year. And by putting all of our attention on “LDL cholesterol,” we’ve all but ignored a number of other causes of heart disease like inflammation, oxidation, sugar, and stress.

Chapter 3

The Big Pharma Conspiracy

Vilification of Cholesterol

NCBI author Joseph Pizzorno states, “the only justification I can see for the new cholesterol management guidelines is to print money for drug companies. How can anyone think we need to prescribe statins to 50% of the population older than 40?! In order to justify this extreme position, data had to be distorted and cholesterol vilified.” ¹³

Cholesterol has been criticized in medicine and the press as the major cause of heart disease. Just think about the great egg debate. One decade we’re told to eat them daily and the next, we’re told there couldn’t be a worse food for us to ingest. This debate still goes on today.

Now, while the research is explicit that elevated cholesterol is in fact associated with cardiovascular disease, the real problem is not cholesterol. It’s with oxidized low-density lipoprotein (oxLDL) cholesterol.

Elevated cholesterol usually also means elevated oxidized cholesterol. So in reality it’s an indirect measure of the true problem, like cooking cholesterol-rich foods in the presence of oxygen, excessive oxidative stress in the body, inadequate consumption of antioxidants, etc.

But is there money for Big Pharma in antioxidants?

Cholesterol For Profit

There are two dozen cholesterol medications available in the US today ¹² and your doctor may be prescribing more than one to you.

Research suggests that the cholesterol-lowering drug market (Big Pharma) is expected to reach a value of over \$19.8 billion by the end of 2022. For reference, in 2019, Lipitor alone generated nearly two billion U.S. dollars of revenue.

There’s also been an increased use of cholesterol drugs outside their usual purpose, among unwitting Americans who don’t understand the implications of using drugs that

are not meant for them.

After a major trial by the name of “Jupiter” was released in partnership with two major cholesterol drugs AstraZeneca and Crestor, the FDA approved the use of Crestor for preventative care against heart attack and stroke, *for people who did not suffer from high cholesterol.*

But the trial was deemed to be flawed and yet, the drug is still in circulation - and doctors are continuing to make false promises to millions of Americans.

Will lowering your cholesterol levels reduce your risk of contracting heart disease? Probably. Will taking cholesterol medications prevent heart attacks and strokes? This seems highly unlikely. Here is yet again another example of big pharma hiding behind empty promises, and making millions, if not billions, off a product for a misintended use.

Big pharma has been waging this battle for decades, covering up as many secrets as they could to ensure the success of their own, money-lined pockets.

Chapter

4

The Truth Behind Cholesterol

In the first chapter, we talked about what cholesterol is and the different types of cholesterol. We also learned that some cholesterol-lowering medications are used for other diagnoses and that Big Pharma has been cashing in on these medications to the tune of billions of dollars.

You might be feeling like a pawn in a bigger scheme right now, and that's ok. As soon as you learn the truth about cholesterol, the solution will seem relatively easy.

So what can you do about the risk of high cholesterol? Don't worry, we're discussing that next.

The Truth About Cholesterol

PubMed states that the amount of cholesterol in your diet and the amount of cholesterol in your blood are very different things.

It might seem logical that eating cholesterol would raise blood cholesterol levels, but it usually doesn't work like that. The body tightly regulates the amount of cholesterol in the blood by controlling its production of cholesterol.

When your dietary intake of cholesterol goes down, your body makes more. When you eat greater amounts of cholesterol, your body makes less. Because of this, foods high in dietary cholesterol have very little impact on blood cholesterol levels in most people.

Paula Dall'Stella is a doctor with training in functional medicine and holds a firm belief that "your total cholesterol level is NOT an accurate indicator of your risk of developing heart disease."

If your cholesterol levels increase, it's likely because of increased inflammation in your body. Cholesterol's job is to help your body heal and repair. When conventional medicine recommends reducing cholesterol with drugs as how we reduce the risk of heart attacks, they're missing an important piece to the puzzle.

What really needs to be dealt with is what's causing damage to your body in the first place. What's leading to this increased inflammation and increased cholesterol?

Emerging evidence is showing that lowering your risk of high cholesterol can be done through good old-fashioned diet and exercise- if you're given the proper tests and monitored by doctors that don't get a payout from Big Pharma.

At the end of the day, it comes down to doing your own research. Follow reputable doctors, scientists, and researchers that truly care about the human body and what we put in it. Find the research studies and trusted resources that aren't funded by Big Pharma.

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