

THE CHOLESTEROL MYTH

A Deception of Mammoth Proportion



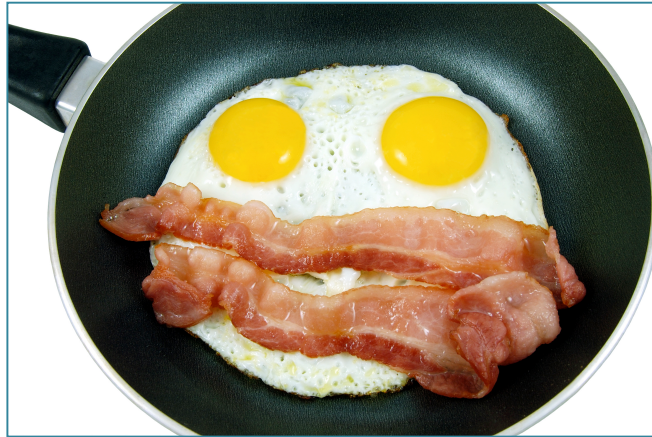
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By Dr. Jack Tips, Ph.D., C.C.N.



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The Cholesterol Myth

Educational Insights by Clinical Nutritionist Dr. Jack Tips

In the latter part of the 1980's, *cholesterol* became a household word. Undeservedly, cholesterol was made the nemesis of health—the boogiemán—blamed unfairly when someone had a heart attack, stroke, or cardiovascular concern. Once there was a culprit to blame, few people took time to understand the facts about cholesterol, the valuable role it plays in health, or look at diet in a more comprehensive light, despite the fact that the logic applied was tantamount to saying, “Every time there’s a fire, there are firemen around, so firemen must have caused the fire.” And somehow, such specious logic was sold, like the Brooklyn Bridge, to the best and brightest minds, men and women called to help ailing humanity – Medical Doctors.

Compounding the confusion is the huge financial empire built on testing cholesterol; selling dangerous statin drugs to force cholesterol levels down; catering to and allaying people’s fears. On the fringes of the mass cholesterol hysteria, other industries sprang up to capitalize on the fear-based opportunity and helped fan the flames of making cholesterol both the scapegoat and cash cow. Low cholesterol foods dominated the marketplace with “no cholesterol grain cereals,” “no cholesterol catsup,” and “no-cholesterol apples.” If something did not have cholesterol (no cholesterol bananas, no cholesterol beer), then that fact was advertised as if it were miraculous. “No cholesterol” became the new “All Natural” label that also is an absolutely meaningless term used to trick consumers into thinking the product is safe and healthy, and cause them to overlook the fact that the product contains preservatives, pesticides, hormones, trans-fats, sugar, gluten, and other cell-inflaming factors.

Many of these low-cholesterol foods, such as margarine and other partially-hydrogenated vegetable oil products, do much, much more damage to the cardiovascular system and cell membranes than the cholesterol-containing foods which actually don’t damage at all¹. In fact, margarine raises cholesterol despite having “no cholesterol” through the body’s inflammatory processes² that affect

¹ Ascherio A, Hennekens CH, Buring JE, Master C, Stampfer MJ, Willett WC. Trans-fatty acids intake and risk of myocardial infarction. *Circulation*. 1994; 89:94-101.

² Mozaffarian D, Pischon T, Hankinson SE, et al. Dietary intake of trans fatty acids and systemic inflammation in women. *American Journal of Clinical Nutrition*. 2004; 79:606-12.

the cell membranes resulting in hormone resistance, diabetes, Alzheimer's, cardiovascular disease and other chronic degenerative diseases.

So, before we continue to act like sheep and make cholesterol “public enemy number one” as we have been lead to do by the medical profession, food industry, news media, the mammoth pharmaceutical industry, and even the U.S. Government which relies on experts from those cartels, let's get acquainted with the facts. “Yeah! That's the ticket! Let's actually look at the facts for ourselves!

Cholesterol is manufactured in the body. It is so very important to the integrity of the tissues, nerves, and immune system and cells that every cell contains it. The body has two ways to get cholesterol into the cell. One is from the cholesterol in the blood, which is controlled by the liver. The other is for the cell to make cholesterol itself, which it does for membrane integrity and energy storage. This back up system means that cholesterol is critically important to the body. Surely, the human body does not manufacture cholesterol to clog up its own arteries. This would be against Natural Law and survival of the species. Common sense dictates that cholesterol is a very important molecule.

General facts about cholesterol (that your Doctor won't dare tell you).

- There are beneficial cholesterols that the body must have to be healthy.
- Cholesterol plays a vital structural role in the brain. Can't live without it!
- The liver makes cholesterol out of lipids (fatty acids) for the body's needs.
- Conduction of nerve impulses is dependent on cholesterol.
- Female and male hormones are made from cholesterol.
- Cholesterol serves anti-inflammatory processes in the body.
- Life-saving immunoglobins are made from cholesterol.
- In normal digestion, the body does not absorb cholesterol from foods. Any cholesterol in foods is digested into lipids before being absorbed (then the body has to re-construct cholesterol if there is a need). Thus, you don't get cholesterol in your blood from eating foods that contain cholesterol any more than you get banana in your blood from eating bananas.
- Vitamin D, necessary for calcium absorption, preventing cancer, and supporting life processes at the cellular level originates as cholesterol.
- Bile, necessary for fat digestion, is made from cholesterol.

Now that's an impressive list of necessities and benefits regarding cholesterol molecules. Denigrating cholesterol is tantamount to a crime against humanity. When there's a crime, detectives say, "Follow the money ..."

There are many statistics that show that cholesterol is **not** responsible for cardiovascular and heart disease, particularly when leading cholesterol-consuming peoples (such as the Eskimos and Massai) also had low to non-existent incidences of heart disease and yet ate diets that were loaded with cholesterol.

The question before us is: what makes cholesterol misbehave? What oxidizes the LDL cholesterol – a process that can damage arteries and cause fatty congestion of the liver? What causes this innocent, helpful, vital, even critically important nutrient, cholesterol, to become caught up in the so-called cardiovascular “death machine” affecting so many people?

There are at least three reasons for cholesterol's, or lack thereof, involvement in heart disease:

1. Unfounded fear of cholesterol spawned the increased use of processed and partially-hydrogenated vegetable oils (margarine) that damage cell membranes, cause altered energy metabolism, and the cellular inflammation that *Time Magazine*, 2004, labeled “The Secret Killer.”
2. Increased use of refined carbohydrates in lieu of cholesterol foods – a deception promulgated by dieticians under the thumb of medicine, called “*The Healthy Heart Diet*” (commercial breakfast cereals, sodas, candy, white bread, etc., especially high fructose corn sweetener) and sugar.³ The U.S. Government trusted them to build the “Food Pyramid” that preached to eat a diet based on inflammatory grains and sugar while minimizing the anti-inflammatory foods that contained wholesome fats.
3. The commercial altering of fats and cholesterol in milk due to the homogenization/ pasteurization processes (whereas raw milk lowers cholesterol⁴). Commercial milk contains oxidized cholesterol—a known factor that drives arterial inflammation and plaque.

³ Davies, William, MD, Carbohydrates and Cholesterol, Health Central, Apr. 2010

⁴ Vonderplanitz and Campbell Douglass' Testimony on Raw Milk, Nourished Magazine, Dec. 2008

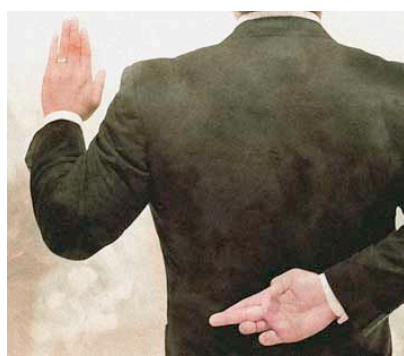
With so much attention being put on cholesterol, studies have been conducted to attempt to conclusively prove that cholesterol is the culprit. The first study is known as the *Framingham Heart Study* conducted in Framingham, Massachusetts over a 40-year period.

Researchers, expecting to prove the dangers of cholesterol to back up all the propaganda promulgated by Big Pharma and the Food Industry with junk food to sell, were terribly disappointed. The those industries were so disappointed that it changed and slanted the results (suppressed the findings) to keep harping on the evils of cholesterol, mongering fear, and raking in the bucks despite the facts that proved otherwise. Dissenters were fired if they did not toe the line and skew the results. Money talks.

Some of the findings suppressed so that the media could promulgate the big deception include:

- There were no findings indicating a relationship between dietary intake of cholesterol and serum cholesterol (eating cholesterol foods did not increase blood cholesterol)
- The more calories consumed, the lower serum cholesterol (meat, cheese, fats, oils, etc. are high calorie foods.)

Dr. William Kannel, one of the directors of the Framingham Heart Study admitted, “*Although there is no discernible relationship between reported diet*



intake and serum cholesterol levels in the Framingham Diet Study group, “it is incorrect to interpret this finding to mean that diet has no connection with blood cholesterol,”

In attempt to appease the moneyed interests, investigators tortured the data until its false confessions claimed that coronary risk increased 240% for people with cholesterol levels between 182 and 244. The true facts show less than 1%. Even more discouraging to investigators, people with even higher cholesterol (244 – 294 *mg/dl*) actually had their coronary risk decline! [Re-read that! People in the study with really high cholesterol actually fared better !] “So what’s all this drug pushing to lower cholesterol about?” you might ask, and rightly so.

Further, the bottom line results showed that there was no difference in the incidence of heart disease between people who had high fat diets. Yet despite these facts, medicine, Big Pharma, and processed food manufacturing and marketing companies, and the U.S. Government continue to “kill the messenger” that bears the news rather than correct the cause of massive heart disease. Let’s define that last sentence: the *messenger* is cholesterol; the *news* is cellular inflammation, and the *cause* is pesticides, environmental pollution, processed foods (trans fats⁵, sugar), stress, radiations (ionizing and non-ionizing), and heavy metals (mercury in dental fillings, and vaccinations.)

One of the directors of the Framingham Study, Dr. William Castelli, reports, “*In Framingham, Massachusetts, the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower people’s serum cholesterol ... we found that the people who ate the most cholesterol, ate the most saturated fat, ate the most calories weighed the least and were the most physically active.*”

So increased cholesterol is the messenger saying that today’s environmental toxins and damaged food products are causing inflammation and disruption of cellular metabolic integrity. It’s a friendly messenger bringing the message to save our lives and our errant medical cartel is blaming the messenger for the news, and capitalizing on the message to create global propaganda for monetary profit.

Boy! Just as soon as we all get comfortable blaming cholesterol, the studies prove it’s impossible to justify the fear mongers’ hatred. So, how about another study? The U.S. Government funded a study of 362,000 men called the *Multiple Risk Factor Intervention Trial*. Nothing significant to blame cholesterol came from this study either, but one important revelation emerged – it showed an *increase* in deaths for cholesterol levels under 160. Evidently *low* cholesterol is the concern, not *high* cholesterol. People with cholesterol above 180 had only a 1% increase in death rates, and people with cholesterol levels of 300 had only a 2% increase in death rates.

Well, a third study was funded with \$150 million dollars. It was called the *Lipid Research Clinics Coronary Primary Prevention Trial*. Participants were

⁵ Mozaffarian D, Katan MB, Ascherio A, Stampfer MJ, Willett WC. Trans fatty acids and cardiovascular disease. *N Engl J Med*. 2006 Apr 13;354(15):1601-13.

put on a low cholesterol, low saturated fat diet. Some got a cholesterol-lowering drug. Others got a placebo. From this study came an alleged finding that claimed that “for every 1% reduction in cholesterol, expect a mere 2% reduction in chronic heart disease. However, when independent researchers scrutinized the data, they found *no* difference between the two groups. And worse, they found that deaths from cancer in the subjects who took the cholesterol-lowering drug had greatly increased!

Despite this, medical journals with the backing of Big Pharma, coupled with a news media that’s forgotten how to verify their facts, slopped out mis-information to the public and promoted this study as the conclusive proof of cholesterol’s guilt. In 1984, the US Government called for mass screenings and set the standard that anyone with cholesterol over 200 is at risk for heart disease and, thus, needs to take cholesterol-lowering drugs that increase the incidence of cancer. (A major victory for oncologists’ bank accounts.) From these lies comes the national mania regarding cholesterol. Founded on fallacy, supported by the drug industry, the food industry, and the medical industry (the very industries that earn more than \$100 billion dollars a year on cholesterol-lowering drugs, fat-free, low fat products, and cholesterol screening and treatments), bolstered by the US Government, the desperate and unsuspecting public have been hoodwinked into the “cholesterol scare” at every opportunity.

In 1776, Dr. Benjamin Rush, a signer of the Declaration of Independence, voiced a grave concern. He said:

"Unless we put medical freedom into the Constitution, the time will come when medicine will organize itself into an undercover dictatorship. To restrict the art of healing to doctors and deny equal privileges to others will constitute the Bastille of medical science. All such laws are un-American and despotic."

A simple overview of nutrition based on common sense and Natural Law could have steered those millions of dollars and studies toward a truly effective understanding of heart disease and a chance to raise the standard of health worldwide. Instead, because of the money involved in food products and the medical treatments that result from health-damaging foods, research that shows the way to true health has been, and still is, ignored. There’s just no money in it for the fear mongers with massive profit-agendas.

Has per-capita saturated fat intake paralleled the rise in cardiovascular disease? No! Saturated fat intake, per capita, has *decreased* while cardiovascular

disease has *increased*, so the decrease may not be in health's best interest. Some saturated fats, such as short- and medium-chain saturated fats have anti-viral, anti-bacterial, and anti-fungal properties. Caprylic acid is well known as a candida (yeast fungus) fighter. Such fats are found in unprocessed coconut oil, which is seldom used now because suspicions have been erroneously sewn into the fabric of public awareness about tropical oils which was really based on *processed, partially hydrogenated* tropical oils, not the pure, raw coconut oil from Mother Nature. The coconut oil industry has an uphill climb to reestablish coconut oil as the beneficial oil for health that it is. Fortunately it's gaining traction in the natural health field and fortunately many people are now aware of its virtues.

Are vegetarians who avoid saturated fat, free of atherosclerosis? No! In fact, vegetarians with low cholesterol have as much atherosclerosis as meat eaters. This has been proven by several, independent studies. We must look at *the common denominator between the vegetarian and the meat eater. It's the increased use of partially-hydrogenated vegetable oil and use of excessive carbohydrates in the diet.* Both dietary factions are susceptible to cellular inflammation and the resulting mitochondrial dysfunction, the real causes.

Can you see the Natural Law?

When we use foods, as they come from Nature, we prosper in our health. When we use commercially processed, heat-altered, human-altered products, our



nutrition and our health suffers. This is because the human genome and the epigenetic expression of that genome are based on what it learned thousands of years ago from whole, natural foods. Eventually science will prove that refined sugar and partially-hydrogenated vegetable oils are the leading health destroyers of our times as both are highly inflammatory at the cell membranes—cell wall and mitochondrial. Unfortunately, these two substances are primary ingredients in our diets today, and because of unscrupulous money-machines, cholesterol is denigrated and the ignorant suffer because in Natural Law, “Ignorance is no excuse.”

If people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny. – Thomas Jefferson, 3rd President, United States of America

ABOUT THE AUTHOR



Dr. Jack Tips (N.D., Ph.D., C.Hom., C.C.N.) earned a Ph.D. in Nutrition Science from the Dr. Roger Williams School of Nutrition Science, Clayton, MO (dissertation: *Conquer Candida and Restore Your Immune System*). He earned the C.Hom. credential from the Hahnemann Academy of North America and has practiced classical homeopathy for over 25 years. He is the author of 16 books including: *"The Art & Science of Sclerology"*, *"The Healing Power Within,"* *"The Pro---Vita! Plan For Optimal Nutrition,"* *"The Weight is Over,"* *"Your Liver, Your Lifeline,"* and *"Passion Play."*

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