

Cholesterol Mythology Update

Breaking New Research URGENT NEWS ALERT October 2015

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First, a tutorial review...

Every time I lecture, I ask the question, “what is cholesterol”? And the response?.....A BAD FAT in my blood that is clogging my arteries and causing heart attacks. Really? Ok, now read very closely, Cholesterol is....., ready?.....no really, are you ready?.....maybe you should sit down or call 911 for the real heart strain you are about to experience. Contrary to popular belief, CHOLESTEROL IS NOT A FAT and is not nor ever has been the root cause of heart attacks or heart disease. Really. No kidding. So, what is it, one might ask? Cholesterol, that is.

Cholesterol is a monatomic alcohol, specifically, C₂₇H₄₅OH, crystallizing in the form of acicular crystals. Well, of course, you knew that. How silly of me to even think you did not know the molecular structure of one of the most important properties coursing thru your bloodstream responsible for keeping you very healthy.

And here is the bonus..... Cholesterol is also a steroid. Whoa, hold on partner. I am thinkin that would make Cholesterol...wait, wait let me put this all together. That would make Cholesterol a STEROL and that is a very good thing.

Now what, you ask? Keep reading unless of course you are too busy with the defibrillator that is attached to your chest right now after finding out what cholesterol really is. So, here is the deal, your body actually makes cholesterol. Ya, really. And you thought it only came from that Big Mac Attack you just had and all that saturated fat your doctor has been telling for years is bad. More on that later for another eye opener. And you know what else?.....you will die without strong levels of cholesterol! What? Then why on earth would my doc want to keep lowering it, now below 100? And is that why I feel so horrible on Lipitor? Great question. Why don't you ask them?

Cholesterol is manufactured in your cells and mainly, like 80%, in your liver. Yes, that's right, your LIVER. And that should now pose another inquiry. If cholesterol is mainly made in my liver and then my doc gives me Lipitor and requires periodic liver enzyme blood labs, is he doing that because he is concerned with damage to my liver from Lipitor? Yes! Well then why is he giving me Lipitor? Well, to keep your cholesterol levels down so you don't have a heart attack, silly. Or that is the story. Sadly, the story is wrong. Dead wrong and it is killing you, slowly by destroying your liver as well as other “parts and accessories.”

So, let's get the story straight and narrow as an arrow. All healing and repair in the body is dependent on proper cholesterol levels. So, here is a brief synopsis of the Good and the Bad and the Ugly Fats that are lurking in your blood waiting at a predetermined time by the Celestial Design Committee, McDonalds and Jerseymaid to hit you with a massive cardiac event so you can get all the attention you need by a bunch of very nice concerned people leaning over you with blue masks.

When your well intentioned doctor orders a Cholesterol test, he orders it through what is called a Lipid Profile which includes the following values: Cholesterol, Triglycerides, High Density Lipoproteins(HDL's), Low Density Lipoproteins(LDL's) and Very Low

Density Lipoproteins(VLDL's). Now for the good and the bad. Or so they tell you they are.

Cholesterol needs to hitch a ride on the aforementioned Lipoproteins to get to where it needs to go. Cholesterol is responsible for repair, growth, transporting Human Growth Hormone throughout the body and a host of other cool things. It cannot get anywhere unless it gets a ride from LDL's, HDL's and VLDL's. The LDL's carry 2/3 of cholesterol to the body coursing at break neck speed. HDL's carry used up cholesterol back to the liver and VLDL's transport a very tiny bit of cholesterol as well as another lipid Triglycerides. Excess sugars are stored as Triglycerides. And elevated blood sugar levels are directly associated with Triglycerides which is an issue for diabetics and we will get back to this later. So, pay close attention in between texting on the freeway at 90 mph.

Now, back to the good and bad. LDL's are considered the BAD cholesterol, so they tell you. LDL's are not cholesterol, they are lipoproteins and they transport 2/3 of one of the most important things your body makes throughout the body so you can actually function, effectively. Without strong levels of LDL's, 2/3 of your cholesterol goes nowhere and you don't function. The very notion of terming LDL's bad is not accurate by any means. The very idea of terming them, "bad cholesterol" is very wrong as they are not a sterol. Then why does my doctor call them "bad cholesterol?" Great question. Why don't you ask them?

And here is another revelation. There are two types of LDL. The Large, fluffy ones and the Small, dense ones. **The large fluffy ones DO NOT contribute to heart disease and are increased by saturated fats like meat and eggs and Raw whole fat milk , butter, etc that your Allopathic doctor wrongly thinks are bad. They are not.**

In fact.....read on boys and girls.....

NEW Whole Milk/Dairy STUDY October 2015

Brand spankin new study out of Brazil **published just today** in the Journal of Nutrition finds the following: "People who consume FULL(whole) FAT dairy products such as WHOLE FAT RAW MILK are less likely to be afflicted with "metabolic syndrome", a set of related risk factors predicting heart disease and diabetes." Metabolic Syndrome is characterized by high blood pressure, high blood sugar, belly fat, and risky levels of cholesterol and triglycerides in the blood.

Translation: All that low fat and non fat rubbish your Allopath MD has been telling you to adhere to as well as the US government dietary guidelines are causing INFLAMMATION, heart disease and diabetes.

The researchers found that consumption of whole fat raw milk, butter and whole fat raw yogurt were associated with a reduction in diabetes and heart disease. The consumption of non fat or low fat were actually directly associated with heart disease and diabetes.

Even the members of the US House Agricultural Committee, in a hearing this month, has expressed serious doubt about the quality of the current American dietary guidelines and are in the process of revamping them.

Now what? All that dietary advice your Allopath MD has been giving you for the last 50 years is wrong and is one of the reasons you have heart disease and diabetes as they created it with your help. Why is that you might ask? Good question. Why don't you ask them?

Now, back to the LDL's.....

The small dense LDL's are pro-inflammatory to the arterial wall as they are increased by your Sad American Diet of a whole bunch of refined sugars to include grains (particularly soy), diet sodas, Twinkies, Ho Ho's, MaccoDonalds, Jack in the Box, low fat and non fat dairy and other foods that your Allopath MD advised you to eat, etc.

HDL's are considered the GOOD cholesterol, so they tell you. HDL's are not cholesterol, they are lipoproteins. Is this getting redundant? They transport the used cholesterol back to the liver for processing. So, that is good, right? Not so fast my pretties. Now read very closely because **more brand spankin new research** galloping outta the University of Pittsburg via lead researcher Samar El Khoudary, an assistant professor of epidemiology has determined the following....ready? Are you sure? Cuz this one is going to be more shocking than finding out what cholesterol is. And who doesn't love a good spankin?

The new research, the MD's presented October 2015, to the North American Menopause Society annual meeting in Las Vegas in between crap games and visiting strip clubs states....

“HDL cholesterol, commonly called the GOOD CHOLESTEROL IS HARMFUL to women going through menopause. Rather than helping to inhibit the formation of dangerous plaque in the arteries, HDL cholesterol may increase its buildup during menopause. This process is known as hardening of the arteries or atherosclerosis and can cause heart problems.”

Guess what statin drugs do? Raise HDL's! Oh, gosh is this hilarious or what? Holy geesus begeesus, now what? What will this do to the entire infrastructure of the statin drug prescription world and your doc's monthly subsidies from the drug companies as they prescribe more and more statins to the demise of your health? It won't matter, cuz the rest of this researcher's profession will discredit her and her team and the party will continue as planned. Now, you are informed. What are you going to do about it? Why don't you ask the doc that prescribed you the statin and watch the response?

The very statin drugs that are supposed to prevent heart attacks and strokes are causing them? Yee-youch! And you know what? You will keep taking them even though research and study after study after study have shown that these drugs are very detrimental to your health.

Now, here is the best quote regarding this current research, from Gregg Fonarow, MD a professor of cardiology at UCLA, **“The relationship between HDL-cholesterol levels, HDL function and atherosclerosis progression is complex.”** What precisely does that mean good doctor? Hint: That means **“I don't have a clue what's going on.”**

And here is validation from Dr. Samar El Khoudry, lead researcher of this current myth busting paper.....”**Women need to strive for a healthy lifestyle. If they did not do that before, it is really important now.**” Does that sound **COMPLEX** to you Dr. Fonarow?

Now, lets discuss what really causes heart attacks. **INFLAMMATION** in the arterial walls caused by your pro-inflammatory lifestyle, predominately what you put in that mouth of yours that is supposed to feed your cells and not fill you up so you become fat and sick. Which is what 3/4 of us Americans are today. Miserable, fat and sick. The most **OBESE** country on the planet with one of the highest infant mortality rates as our children are born in hospitals. And we spend more on a broken disease management system than any country in the world spends on decent health care. 94% of you are under Allopathic MD care and the country is getting morbidly obese and all disease in on the rise in the charts with a bullet. How can that be? Great question. Why don't you ask them?

As you create more inflammation in the arterial walls, you cause fissures in the wall membrane, which damages it. When cholesterol courses thru on the back of LDL's , it senses the damage and patches the fissures as the Celestial Design Committee intended it to do. It is a perfect system. Why is my doc attempting to destroy this perfect system and not address the inflammation, which is the real problem? Why is my doc attempting to lower the levels of one of the most important constituents my body makes without addressing the source of my problem, inflammation? Good question? Why don't you ask them?

CHOLESTEROL DOES NOT CAUSE HEART ATTACKS, per se. A high cholesterol level is not a marker for a future cardiac event. Homocysteine, C-Reactive Protein and Lp-PLA2 (lipoprotein-associated phospholipase A2) are. They are the markers for **INFLAMMATION**. And your well intentioned doc rarely orders those blood tests until after you have a cardiac event, especially Lp-PLA2. Homocysteine and CRP are indicators for systemic inflammation that can improve risk stratification. Lp-PLA2 is very specific for vascular inflammation associated with atherosclerosis. Following production by inflammatory cells, this enzyme cleaves oxidized phospholipids, generating pro-inflammatory molecules and oxidized fatty acids. Trust me on this one, that is not a good thing.

Cholesterol, a sterol that repairs, senses that damage to the arterial wall from Inflammation and repairs it, hence, what they call plaque. It is what, by design, is supposed to happen because of a pro-inflammatory lifestyle. Quite unfortunate that your well intentioned doc blames your heart attack on Cholesterol. So if cholesterol does not directly cause heart attacks why do they keep prescribing statin drugs that, you now know, is making your condition worse because you have not changed your lifestyle and they have not recommended it? Great question. Why don't you ask them?

Who was that very famous person in history that said so eloquently, “You are born ignorant, but one must work hard to remain stupid?” Homework for the week.

Now, think critically about the following: in 30 years of practice I have rarely seen homocysteine or CRP ordered by your cardiologist or Primary, as I review their records, that are prescribing you Lipitor to lower your cholesterol and I have **NEVER** seen Lp-

PLA2 ordered unless I ordered it. Now, if INFLAMMATION is the root cause of heart disease to include heart attacks, atherosclerosis and strokes, how come your Allopathic MD never orders the precise tests to really determine your risk level or if you even need a statin drug? Great question. Why don't you ask them?

Ponder this for awhile America. **With all the millions of statin drug prescriptions over the last 16 years and the billions and billions of dollars made on Lipitor and Crestor, et al that are supposed to reduce heart disease, hardening of the arteries and heart attacks, why is heart disease still the number one killer in America well beyond cancer?** Great question. Why don't you ask them why that is?

And guess what is the 3rd leading killer in America behind Heart Disease and soon to surpass Cancer? Allopathic Medical Doctor errors, to include DO's and now the newly trained ND's with the prescription pad, will soon surpass cancer and become the second leading cause of death in the United States by all estimates. How can that be you ask? Great question. Why don't you ask them?

The next time your well intentioned doc tells you you need to lower your cholesterol so you don't have a heart attack or stroke, ask them to order the 3 aforementioned tests prior to prescribing a drug that will cause a cardiac event and cancer. Guess what? Most of them will refuse to do it. Why is that you might ask? Great question. Why don't you ask them?

Many heart attack patients have cholesterol levels well below 200 and were on statin drugs when they had their heart attacks. My mother's cholesterol level was 185 and on Lipitor as I watched her clutch her chest in severe pain on her living room floor as the paramedics feverishly worked on her during her massive heart attack to save her life.

Her primary care provider and cardiologist who she was under care with for several years, every 6 months, never checked her inflammation markers until after she had her massive heart attack. Her inflammation markers were off the charts.

Cardiologists don't make money by preventing heart disease or heart attacks. They make money by performing surgery and stent after stent after stent after stent into oblivion stent world, which have now become a problem because of the sloughing off of the coverings of the stents interfering with blood flow and causing heart attacks and strokes. So, the very items these surgeons are putting in your body are causing what you are attempting to prevent. Now, you must take blood thinners, for life, so as to prevent the sloughing off of the stent material to stroke you out. How can that be? Great question. Why don't you ask them?

The Allopathic community has limited interest in prevention of disease and the maintenance of health. They do not make any money with that. That is not the definition of Allopath. Look it up. They make money with procedures and lots of them and the management and maintenance of disease. Do you actually think the several medications you are on are keeping you healthy? 30 years ago when I started in practice most patients were not on any medications. Now? You are on anywhere from 3 to 10 and your MD or DO or newly trained ND is being richly subsidized by those prescriptions. ND's prescribing prescription medications is not what a Naturopath should do. If they do that, then you are in the wrong place.

You are fat, miserable and sick in the USA. Just take a look around you. Why have they failed you? Great question. Why don't you ask them?

You are not healthy on those medications. You are walking dead and a disease waiting to manifest from the toxic side effects of those drugs.

Lowering cholesterol levels below 200 and, now, 100 is not supported by any study or research. It is based, not in valid evidenced based science, but in money. Statin drugs like Lipitor make billions of dollars and they like it that way. There is no money in health and prevention for your Allopath. If you are free of dis-ease, healthy and vibrant why on earth would you go to one? For that yearly physical? Here is a tip. That yearly physical is a well choreographed cartoon and they know it.

If I had a five dollar bill for every time a patient said, "well, just got back from my primary care doc, chest all puffed out of course, and they said my blood labs are all normal and I, once again for another year, have been given a clean bill of health", I would be retired 5 times over. And then 6 months later they are diagnosed with cancer or dead from a heart attack. So much for those yearly physicals, huh? How can that happen you might ask? Great question. Why don't you ask them?

Lastly, if you are a diabetic and your well intentioned doc tells you that a cholesterol level below 100 is important for you as a diabetic to avoid a heart attack, ask if they understand physiology and where do Triglycerides and Magnesium come into this picture as a diabetic. Ask them how do the Mitochondria play into the picture as well as Zeta Potential. They won't know. How can that be you might ask? Great question. Why don't you ask them?

A cholesterol level below 200 is dangerous, below 100 places you on a certain road to the demise of your health and early death. The very notion of simply prescribing based on one cholesterol value is not science and is grossly absurd.

I strongly urge you to research Spacedoc.net and read Dr. Duane Graveline's, MD, USAF flight surgeon and NASA astronaut essays on his personal updated, 10/2015, experiences with statin drugs as well as other physicians with integrity that are not bought and paid for by Merck, et al, like many are. Dr. Graveline is now suffering from ALS, Lou Gehrig's disease, a devastating incurable neurological disease that he directly attributes to the use of statin drugs that NASA forced him to stay on in order for him to stay in the astronaut program. His story is important and it is devastating to read how, chronologically, his own profession destroyed his health and wellbeing because of their ignorance of basic human physiology and sentenced him to a drawn out painful demise which he is currently experiencing.

ANOTHER ALERT JUST THIS MORNING, 10/29/15 AT 4:00AM

2, that's right, TWO new studies just published in the Journal of Infectious diseases suggest that "Statins have a detrimental effect on the immune response to the Flu vaccine and the vaccines effectiveness in preventing serious illness in older adults", which has no positive effective in preventing flu nor has it ever so really these studies are moot. However it highlights the incompetence of the Allopathic community in achieving health

and the money wasted on bogus research. 40% of Americans over 65 years of age are on Statin drugs and routinely take the flu vaccine and are being negatively impacted by these drugs. How much more information do you need for you to finally determine the Allopathic community has failed you in achieving health and is simply, now, a disease management system fueled by drug after drug after drug because they do not know how to achieve health? Great question. Why don't you ask them?

There is no substitute for effective exercise and functional nutrition in managing your lipid profile and systemic and arterial inflammation and your overall health and well being. But takes work and you are lazy and you want a quick fix which does not exist. Heck, I love Disneyland as well however I just don't live in the fantasy. Statin drugs are the antithesis of the correct protocol in achieving health.

And here is the best part of taking Statin drugs which have never proven to prevent heart attacks or heart disease. Little gifts to include.....

Dizziness

Transglobal Amnesia (a lot of fun. You ought to try it sometime. Much better than an LSD/acid trip) Tim Leary would be envious.

Headache

Extreme Fatigue

Edema

Muscle Weakness, Spasms and Wasting

Liver Toxicity

Serious Depletion of CoQ10 which is crucial for heart function, energy production and mitochondrial resuscitation which will contribute to a stroke or heart attack

Depletion of Vitamin A, E, B12 and gut flora resulting in depression

Depletion of Essential Minerals particularly Magnesium and Potassium which are critical in heart function and health and vitamin absorption

Insomnia

Memory and cognitive problems

Nerve damage resulting in MS, ALS, Parkinson's, etc.

Increased risk for Breast Cancer in Women. Oh, it just keeps getting better, huh?

Should we put Black Ribbons on your statin drug prescription, instead of pink for breast cancer?

Wait, wait, cuz there is more folks..... Where do you think the aforementioned list of side effects of Statin drugs came from? Ready? The insert from the manufacturer!

Gosh, how hilarious is that? They are even telling you what you are taking is toxic to your body and could possibly cause cancer and death and you continue to take it? I once had a patient whose MD told them that carrot juice was dangerous and the patient stopped drinking fresh carrot juice. Yep, one must work pretty hard at remaining stupid, huh?

You are taking unproven remedies with very serious side effects just because your Allopath told you to do so? Sounds like an epic day at the beach, don't it, now? Well, I reckon I'll pass this time around, take responsibility for myself and look over yonder at that thar lifestyle to include proper nutrition, functional exercise and stress reduction through meditation.

Goodness, it sure does appear as though you all got some questions to start asking prior to taking these drugs with a whole slew of dangerous side effects, don't it now? Why don't you ask the questions? Don't ever think of asking me, like you do, until you ask the very person who is prescribing these drugs and destroying your health with these drugs. Your drug addiction is between you and your drug pusher, the MD, DO and ND, not me.

BTW, so we are clear, I am very pro pharmaceutical companies as they have created medications that have been critical in helping all of humanity. How many lives were saved with penicillin? How many soldiers blood curdling screaming pain was relieved with morphine on the battle field to include my father who was awarded a Purple Heart in WW2 as well as a Bronze Star? Anesthesia for surgery? And more.

Regrettably, we have crossed a line in the indiscriminate use of many drugs for profit, only, and that remains egregious. And we are now seeing the decline of health in the US and globally because money has taken center stage over vibrant human life and what nature has provided for our well being. We spent time in the very remote Amazon jungles of Peru this past summer studying plant medicinals. Words cannot express or illustrate our experiences and the profound effects of these plant medicines that The Celestial Design Committee has provided for our well being and health. We have journeyed so very far away for the Origins of who we are and that is creating a host of issues.

So, there you have the update with 3 new and current studies. Now, what are you supposed to do you might ask? I don't know. Why don't you ask them?

“you are born ignorant, but one must work hard to remain stupid”
-Benjamin Franklin

Vaya Con Dios