The War on Your Health - The Cholesterol Scam

The American Pharmaceutical Cartel has declared war on your health and they are using the prescription pad to wage that war. First, they wanted cholesterol levels below 200 for no reason other than to sell more statin drugs. Now some want it below 100. Why? Mo money, Mo money and Mo money, silly. My cholesterol is 300 and if it goes below anything near that, I panic. And my arteries are wide open. At least the last time I opened up my chest and took a gander. Now, keep your mind that way, wide open that is, as you read this essay.

Let's take a look at the role of cholesterol and your health, shall we? So, put down People Magazine, turn off Dancing with the Stars and the Kardashians and I will attempt to unspin the spin, as best I can during the commercial breaks.

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 pain you are about to experience. Contrary to popular belief, CHOLESTEROL IS NOT A FAT. Really. No kidding. So, what is it, one might ask?

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 (misspelled on purpose, so relax you English majors) that would make Cholesterol….wait, wait let me put this all together. That would make Cholesterol a STEROL. Oh my goodness. You better call my doc and let him know that the pharmaceutical salesmen lied to them and that they need the
received prescriptions for Lipitor alone despite the adverse effects. As Dr. Mercola states, "All kinds of nasty things can happen to your body. Remember, every single one of your cells needs cholesterol to thrive – including those in your brain. Perhaps this is why low cholesterol wreaks havoc on your psyche."

According to Dr. Rosedale, MD, "Cholesterol is not the major culprit in heart disease or any disease. Cholesterol has only been shown to be correlated, meaning associated, with heart disease. That would be like saying fireman cause every fire just by association. Would you want to chase off all the firemen?"

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 you know what else? 

.......you will die without it! What? Then why on earth would my doc want to keep lowering it, now below 100 as some docs are targeting. And is that why I feel so horrible on Lipitor and I have episodes of Transient Global Amnesia? Well, wait, I ain’t (relax, again, English majors) done yet. 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. Wait, I can hear it coming. 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?

Gosh, I am all giddy, seeing how smart you are. 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.

So, let’s get the story straight because you will never get it from the pharmaceutical spin doctors. 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 people leaning over you with blue masks. And you don’t even know who they are and because of misinformation about your health, you have now, unbeknownst to you, handed over your very life to strangers and you have no idea if they are competent to save your life. Kinda of scary, huh?

When your well intentioned doc 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
According to CNN Health, cholesterol has long been seen as the key culprit in cardiovascular disease. But nearly half of all heart attacks occur in people with normal cholesterol levels, which suggests that another factor is at work. Researchers have identified cholesterol’s partner in crime as inflammation -- the flood of white blood cells and chemicals that our immune system unleashes to ward off damage or infection.

On October 28th, join Retreat Quixotica, led by Dr. Antonacci, NMD, CSCS, DC, FASBE and Lisa Fiore, Live Blood & Bio-Terrain Certified Nutritional Technician for a talk on Cholesterol, Diabetes and Digestion. Retreat Quixotica is leading the way for the future of true health, a health impossible to achieve via drugs, as you will quickly learn there are no magic pills. Hosting worldwide retreats and workshops, Retreat Quixotica will teach you how to unlock the power and the mechanisms in your amazing personal pharmacy - your body, which continues to be the best machine ever built if you feed and treat it with tender loving care, if you feed and treat it properly.

Email info@retreatquixotica.com for details about the workshop on Cholesterol, Diabetes and Digestion.

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. Can someone tell me what is so bad about that? Anyone? They are not that bad. Only when you allow them to be, so next time they get out of line, ground em! 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 quite accurate.

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. Ok, I am feeling that.

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? Can I get a witness? Or some answers, please.

CHOLESTEROL DOES NOT CAUSE HEART ATTACKS, per se. A high cholesterol level is not a marker for a future cardiac event. Homocysteine and C-Reactive Protein are. They are the markers for INFLAMMATION. And your doc rarely orders those blood tests until after you have a cardiac event. The next time your well intentioned doc tells you we need to lower your cholesterol so you don’t have a heart attack, ask them if they ordered the two aforementioned tests. 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 as I watched her clutch her chest in severe pain on her living room floor as the paramedics worked on her during her massive cardiac event. How does your doc explain that? They cannot, however you still follow their advice right into the grave. Scary, huh?

Lowering cholesterol levels below 200 and, now, 100 is not supported by current research. It is based, not in valid science, but in money. Statin drugs like Lipitor make billions of dollars and they...
like it that way. There is no money in health, my friends. The money is in sickness and you need to wake up and get it or continue down the road with a disease care system that is broken and could care less about health.

Your statin drugs are not keeping you healthy. They are masking the symptoms and, long term, will destroy and are destroying your health.

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 and to avoid a heart attack. Ask your well intentioned doc if he/she understands physiology and where do Triglycerides and Magnesium come into this picture as a diabetic.

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. What ever happened to looking at the body and its systems in totality and the incredible concert it plays every second? Sales and money, that’s what. I would suggest researching Spacedoc.net and read Duane Graveline’s, MD, USAF flight surgeon and NASA astronaut essays on his experience with statin drugs.

There is no substitute for effective exercise and functional nutrition in managing your lipid profile. Notice I did not say “Cholesterol”. Statin drugs are not the answer. If you currently are on statin drugs like Lipitor, I encourage you to contact us and we will show you effective ways to wellness without side effect laden prescription medication.

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