

Image Awareness Wellness Center

Cholesterol

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New DVD's Available

Two powerful new DVD's are now available from GNLD. The first is entitled *The GNLD Experience* [#9309] which provides an overview of GNLD around the world. The second, a wonderful piece of work, is entitled *The Power of Three: The Tre-en-en Story* [# 9306]. These video presentations were originally developed in South Africa and have received such enthusiastic response that they have been adapted for the American market. The price is only \$2.00 each.

Is Cholesterol the Heart Disease Ogre?

Almost daily I talk to people who have been told by their physician that they have elevated cholesterol and that they must immediately begin using a medication to reduce the cholesterol if they are to avoid heart disease. Those who promote the cholesterol hypothesis of heart disease have chosen to conveniently forget that a risk factor for a disease is not necessarily a cause.

For example, increased television viewing undoubtedly would parallel the rapid increase in heart disease between 1900 when the disease was virtually unheard of and the year 2005 when it has become a major epidemic. It would be correct to say that television viewing is a risk fac-

tor for heart disease, but most of us would laugh at the suggestion that television is the cause of heart disease.

Cholesterol is actually a nutritionally important fat which the body synthesizes if intake is inadequate. It is a major constituent of cell membranes along with the phospholipids found in grains and legumes [Tre-en-en].

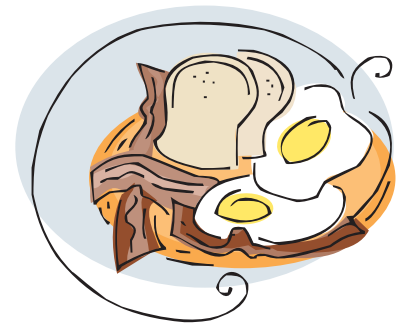
Cholesterol also plays an important role in hormone production as is evidenced by the fact that when body fat falls too low a woman's menstrual cycles will fail due to inadequate hormone production.

If a risk factor is the cause of a problem, it must always move in parallel direction with the incidence of the disease. This is not true of cholesterol and heart disease. Animal fat and cholesterol intake have actually decreased as heart disease has increased.

Ten major studies comparing consumption of cholesterol by heart disease patients and healthy people found that those with heart disease consumed an average of 506 mg of cholesterol a day, while control groups free of heart disease consumed 518 mg of cholesterol a day.¹

Standard of Care

Guidelines for healthy cholesterol have recently been lowered to about 200 mg/dl. The decision to lower the guidelines has been a bonanza for the pharmaceutical firms (who



have tremendous influence on both the media and government agencies).

The physician is subject to disciplinary action from a medical review board if he fails to act according to standard-of-care guidelines. He can even lose his license or can become subject to a civil lawsuit if one of his patients suffers a heart attack and he is accused of failing to follow standard-of-care guidelines. Standard-of-care guidelines thus become a powerful incentive for physicians to prescribe powerful medications, whether they have problematic side-effects or not.

Evidence suggests that statin medications do have a modest ability to reduce the risk of heart disease, although the mechanism of action may be reduction of the process of inflammation or altering blood platelets, rather than lowering cholesterol.¹ One wonders what the result would be if omega-3 oil supplementation were compared to the effectiveness of cholesterol lowering medications.



Statin Medications May Increase Risk of Cancer

Your doctor is not likely to tell you, and indeed, he himself may not be aware that statin medications increase the risk of cancer according to no less an authority than a peer reviewed article in the *Journal of the American Medical Association* entitled “Carcinogenicity of lipid-lowering drugs.” This review study found that all the statin medications increased the risk of cancer in rodents at blood levels comparable to those found in patients using these medications. The longer these medications are used the greater the risk of cancer would tend to become. The authors suggested that statin medications be used only where the risk of heart disease was high.²

Oxidized Cholesterol

Many researchers feel that cholesterol is found in arteries when they have been damaged. In other words it is a repair substance. Research suggests that the only type of cholesterol which might increase the risk of heart disease is oxidized cholesterol.

Oxidized cholesterol fed to rabbits is 500 times more damaging to the arteries of the animals than is non-oxidized cholesterol. One researcher wrote, “The cholesterol used in experimental diets, in the majority of instances, probably contained significant quantities of oxidized sterols that have a strikingly lethal effect on aortic smooth muscle cells.”³

This brings us to the heart of the issue. It is not really fresh milk and eggs which damage our hearts, but the highly processed food artifacts provided by our food industry. Lipids and

sterols including cholesterol in foods are quite fragile and easily destroyed by exposure to air and light. As Robert Ford wrote long ago, “By feeding experiments with animals and human beings consuming nearly a quarter million dollars in labor and materials over a period of seven years I finally determined that the true cause of arteriosclerosis is simple: STALE FOOD.”⁴

The best long term prevention of heart disease may well consist of eating fresh foods as much as possible and supplementing with natural anti-inflammatory substances (such as Salmon Oil or Omega-3 Concentrate) and antioxidants (such as Vitamin E, Vitamin C and Carotenoid Complex).

Any form of processed grain can not be viewed as providing nonoxidized lipids and sterols as these substances oxidize very rapidly. It is for this reason that approximately 90% of the natural lipid and sterol content is removed from even whole grain wheat products which in the unrefined state are approximately 10% lipids and sterols.⁵

This is the tremendous value of the Tre-en-en product. Delicate high quality oils from grains and legumes which are absolutely essential for long term health are preserved by encapsulation before they have a chance to oxidize. These oils provide a variety of nutritional benefits including support for healthy cell membranes and normal glandular functioning. Studies on the product have shown that nutrient utilization is improved by 50%.

References

1. Schmid, Ron, *The Untold Story of Milk*, Washington D.C.: New Trends Publishing, 2003, pp. 176-177, 189.
2. Newman, TB, Hulley, SB. Carcinogenicity of lipid-lowering drugs. *Journal of the American Medical Association*, 27:55-60, 1996.
3. Smith, Ronald, Nutrition, *Hypertension & Cardiovascular Disease*, Portland, OR: Lyncean Press, 1989, p. 15.
4. Ford, Robert, *Stale Food vs. Fresh Food*, Pascagoula, MS: Magnolia Laboratory, 1977.
5. Whole Grains: the Harvard School of Public Health Gets It! *News You Can Use*, GNLD, Volume #011, 2005.



Natural unoxidized fats consumed as nature packages them rarely cause harm. Manipulation and alteration of these fats can turn them into ticking time bombs.



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Web Resources

- www.yourbodyssignlanguage.com
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