

## Cholesterol is bad: Fact or Fiction. By Bryon Verhaeghe

Cholesterol was first identified in the 1770's. In the early 1900's lab animals were fed diets high in cholesterol and they developed arterial plaque. Cholesterol was labeled bad without further investigation or consideration to other dietary aspects. The understanding of cholesterol and how it works in the body has been improved since then.

**Lipitor** was the first cholesterol lowering drug developed back in 1985. With this tool in hand a massive campaign was launched to market the dangers of cholesterol. Medical experts advised us to lower our cholesterol or face life threatening consequences. Lipitor became the best selling drug in the world to peak with annual sales of 6.5 billion in 2009. While the population of the earth sores the sales of Lipitor have been slumping. Public medical experts are warning us of serious muscle damage from all cholesterol lowering statin drugs.



- **The FDA warns about a statin causing serious muscle damage**
- **Health Canada warns people about the dangers of statins causing serious muscle damage.**

Sometimes we forget to think of the heart as being a muscle. The serious muscle damage from statins can lead to death from heart damage. The medical experts and politicians are highly lobbied by the vast budgets of large companies and the dangers of statins have been downplayed.

Most of the cholesterol in the body is found in membranes and especially the lining of the nervous system with most cholesterol in the body found in the brain. When reduced the nerves stop firing to the heart and we might need a pacemaker to keep the heart running. As the nerves become dysfunctional we have trouble with memory and dementia develops.

- [Lipitor © Thief of Memory](#) by Duane Graveline MD MPH. Former USAF Flight Surgeon. Former NASA Astronaut. Retired Family Doctor
- **Lowering cholesterol may be associated with depression, memory loss, confusion and aggressive behavior** – Scientists in New Zealand, Drug Safety, March 2007
- [Depression and anxiety as associated with low cholesterol](#) – Duke psychologist Edward Suarez
- [Low cholesterol and Alzheimer's Disease](#) - Dr.F.M.Corrigan, "strategies for increasing the delivery of cholesterol to the brain should be identified"
- **Diets low in cholesterol increases the rate of suicide** – Dr Matthew G Dunnigan of Stobhill General Hospital, Glasgow
- "The data from studies linking low cholesterol to aggression, suicide and self-harm, impulsivity, negative mood, postnatal depression, and cognitive dysfunction are [not exact, but] the balance of evidence from new randomized controlled trials is reassuring." (PMID18824194)

High levels of good HDL cholesterol reduces heart attacks, improves fertility and reduces depression. The robust marketing budgets of the statin manufacturers violently oppose this information. The FDA & Health

Canada has openly published warnings about statins while the sales departments overwhelm medical professionals with contrary arguments. Along with skewed medical studies there are highly funded and organized lobby organizations to influence government and the public.

Another side effect of low cholesterol is infertility. This is because cholesterol is the raw material to make steroid hormones such as estrogen, testosterone and progesterone. Without these hormones the uterus cannot accept implantation and the testis will not produce sperm as a result of low cholesterol.

- [Low cholesterol levels during pregnancy increase preterm and low birth weight babies](#) – Dr Muenke- “The Changing Face of Preterm Birth”
- **Women have higher levels of cholesterol than men and live longer.**
- [HDL enhances oxidation of LDL in vitro in both men and women.](#) Solakivi et al. Tampere University Hospital, Finland. Table 1.
- [People with high cholesterol live the longest](#) – Uffe Ravnskov, MD, PhD.

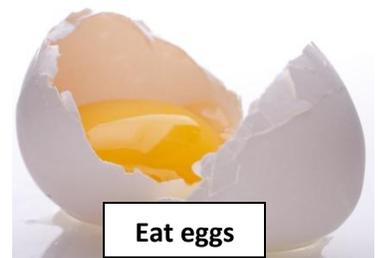
Heart attacks are not related to high cholesterol. In fact, high cholesterol protects us from heart disease.

- **High levels of good HDL Cholesterol reduces the risk of coronary heart disease** – Vibhuti N Singh, MD, Clinical Assistant Professor, Cardiology, University of South Florida College of Medicine
- [“Good” HDL cholesterol protects arteries](#) – Scientists at the University of Texas Southwestern Medical Center at Dallas

**Fix your cholesterol:**

Increase good HDL and lower bad LDL (risk ratio). **Eat eggs, butter, shrimp and animal oils / fats.** This is the source of good HDL cholesterol.

- [Isolated Low HDL Cholesterol As a Risk Factor for Coronary Heart Disease Mortality - A 21-Year Follow-up of 8000 Men.](#) Heart disease death was 36% higher in those with low good HDL Cholesterol. (PMID9012644)
- **Low good HDL cholesterol linked to ischemic heart disease** – Ruth Frikke-Schmidt, M.D., Ph.D, University of Copenhagen, Denmark
- **High cholesterol lowers cancer rate** – Renfrew and Paisley Study



**Eat eggs**

**Drink red wine.** Lowers bad LDL cholesterol (PMID22153697)

**Eat cocoa / chocolate.** Must be 72% or higher and most dark or black chocolate is only 50-55% to make it just a candy and not a health benefit.

- 28 healthy volunteers consuming flavanol-rich dark cocoa for one week. Their bad cholesterol (LDL) fell 6% and the good cholesterol (HDL) went up 9%.- Johns Hopkins University / Sinai Hospital Program in Internal Medicine, Baltimore

**Eat cocoa**



**Eat Salmon**

**Niacin is the “drug of choice”** as it lowers total and bad LDL 15 to 25 percent, reduces VLDL [bad] 25 to 35 % and raises the HDL [good] cholesterol levels by as much as 15 to 25 percent. A 15 year follow up study found

an 11% reduction in all cause mortality. - [HARRISON'S: The Principals of Internal Medicine, 14th Edition, Chapter 341.](#) (Niacinamide does not work - found in most multi-vitamins)

A study published January 7th, 2009 found that a pro-biotic microorganism found in some acidophilus supplements could be as successful as drug therapy at improving cholesterol levels. **Acidophilus improves cholesterol levels.**

We at Rebound Health are constantly on the lookout for ways to improve the quality of our lives and recover from most health challenges. Our approach is mostly through diet and food based supplements. Contact us through the Internet or in person for individual consultations.

References are found as links on the web site;  
[www.reboundhealth.com](http://www.reboundhealth.com)

- Bryon's Articles
- Cholesterol is bad: Fact or Fiction



**Fix your...**

- Cholesterol ✓
- Blood Pressure ✓
- Mood ✓



Acidophilus



Vitamin B3



Salmon Oil

**Diet + Supplements**

2544-4055 17/F 49 Bonham Strand East. Sheuna Wan

**Rebound Health**  
www.reboundhealth.com