

Cholesterol in Your Body



History of Cholesterol Cholesterol was first isolated around 1770. In the early 1900's lab animals fed high diets of cholesterol developed plaque in the arteries; so cholesterol was labeled bad. In the early 1950's a number of studies were conducted to link cholesterol to heart disease. We were told to eat a diet low in cholesterol by avoiding eggs, butter, shrimp and cheese. We were told that margarine was better than butter.

An epidemic of heart disease developed along with depression and cancer. Slowly the difference between the "good" HDL and "bad" LDL cholesterol was observed. Studies that monitored both good and bad cholesterol were done instead of only total cholesterol. Then in 1994 a study found benefits from cholesterol drug therapy and the medications became common.

Some observers and researchers noticed that the French on a high animal fat and animal cholesterol diet did better than people from other countries. "Why aren't the French dropping like flies?" wrote Jeffrey Steingarten. They eat forty pounds of cheese each year. It is also apparent that they were not fat. Medicine now recognizes that the most successful weight loss is the high fat Atkin's diet. So why are we fat? A University of Florida study found that fructose causes obesity, diabetes, and cardiovascular disease.

Cholesterol in Health and Disease



Have cholesterol numbers checked at least once a year

- **People with high cholesterol live the longest**
– Uffe Ravnskov, MD, PhD.
- **High levels of good HDL Cholesterol reduces the risk of coronary heart disease** – Vibhuti N Singh, MD, Clinical Assistant Professor, Division of Cardiology, University of South Florida College of Medicine
- **Current Cholesterol Guidelines may not prevent Heart Attack** – Dr. Gregg C. Fonarow, Eliot Corday Professor Cardiovascular Medicine and Science at the David Geffen School of Medicine at UCLA
- **Low good HDL cholesterol linked to ischemic heart disease** – Ruth Frikke-Schmidt, M.D., Ph.D, University of Copenhagen, Denmark
- **"good" cholesterol protects arteries** – Scientists at the University of Texas Southwestern Medical Center at Dallas
- **Low cholesterol levels during pregnancy increase preterm and low birth weight babies** – Dr Muenke- "The Changing Face of Preterm Birth"



- **Lowering cholesterol does not appear to alter the risk of cancer** – McMichael AJ, et al.
- **No relation between breast cancer and cholesterol** – Hiatt RA, et al.
- **High cholesterol lowers cancer rate** – Renfrew and Paisley Study
- **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
- **Depression and anxiety as associated with low cholesterol** – Duke psychologist Edward Suarez
- **Lowering cholesterol may be associated with depression, memory loss, confusion and aggressive behavior** – Scientists in New Zealand, Drug Safety, March 2007
- **"Low serum cholesterol is commonly observed in individuals with ill health"** – Drs. Frank Hu and Eric Ding of Harvard School of Public health

Eating cheese can be heart healthy

Cause of heart disease

Certainly the bad LDL and triglycerides are not good for us. Research is now finding that fructose is the cause of obesity, diabetes, and cardiovascular disease.

Eggs everyday, a health choice?

There is no link between heart disease and cholesterol. We get the good HDL cholesterol from eggs, cheese, butter and shrimp. Eating six eggs per week was shown not to increase the bad LDL cholesterol. One egg contains only 70 calories, is low in saturated fat, and has no trans fat. Eating vegetable oils like margarine can turn into a trans-fat and make us sick. Women who eat high fat dairy are healthier and have less infertility -Dr. Jorge Chavarro, Harvard School of Public Health.

Two eggs for Breakfast Help Promote Weight Loss

- Nikhil V. Dhurandhar, Ph.D.

Two eggs per day cracks cholesterol issue - Dr. Bruce Griffin , University of Surrey



An egg a day is okay

How do I fix my cholesterol levels?

In the medical text book *HARRISON'S: The Principals of Internal Medicine, 14th Edition*, they state that niacin is the “drug of choice” as it lowers total and bad LDL 15 to 25 percent, reduces VLDL [bad] 25 to 35 percent and raises the HDL [good] cholesterol levels by as much as 15 to 25 percent. The literature has stated that people with diabetes should avoid niacin. A University study published in December 2008 found that even those with diabetes or even borderline diabetes would benefit from niacin. An even more recent study published January 7th, 2009 found that a probiotic microorganism found in some acidophilus supplements could be as successful as drug therapy.

Here at Rebound Health we are constantly on the lookout for effective ways to be healthy. You are welcome to visit our “in progress” web site www.reboundhealth.com or make an appointment for a free consultation by phoning 2544-4055. We also have a line of supplements.

References:

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