

**Bad LDL cholesterol in our diet**



Ergot in brown sugar cane



Field Fungus (ergot) Ergosterol LDL cholesterol



Brown barley ergot



Brown oatmeal

Brown beans!



Brown beer!



Brown Bread

Fungus Brown



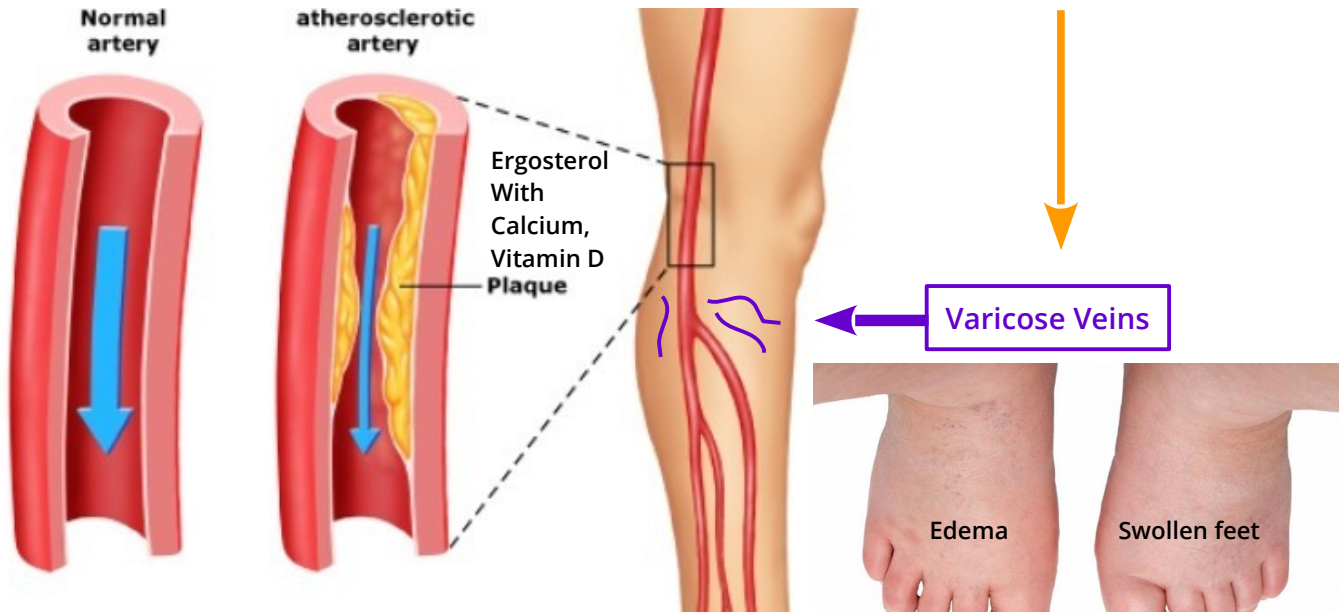
Removed in White Sugar

White Rice



- Avoid:**
- Brown Rice
  - Brown Oats
  - Brown Beer
  - Brown Sugar
  - Whole Wheat
  - Brown Grains
  - Brown Honey
  - Brown Vinegar
  - Brown Whiskey
  - Brown Molasses
  - Brown Mushrooms
  - Brown Balsamic Vinegar
  - Brown Apple Cider Vinegar

Excess ergosterol in LDL forms arterial plaque



**Arteriosclerosis** or Artherosclerosis  
[L. *Arteriola*, small artery, + Gr. *Sklerosis*, hardening]

**Ergosterol**, the lipid + protein of LDL

**Ergot**, n. [Fr. *Ergot*, *argot*, stub of a branch, disease of cereal grasses] An altered seed by fungus, may cause death.

**Sterol**. [Gr. *Steros*, solid, + L. *Oleum*, oil] Related to fats and belonging to the lipids {lipids}.

**LDL**. [Low Density Lipo-protein], an ergosterol attached to a protein. Often referred to as the bad LDL cholesterol, contains a stiff double bond.

**Ergosterol heart disease, inflammation: brown grain, grass, sugar.**