

# Heart Disease+ Cholesterol

"The Inside Edition"



**INVESTIGATIVE RESEARCH E-BOOK**

**THE GOOD-LIFE GOOD-HEALTH SERIES**

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"The Inside Edition"

## "You have High Cholesterol"



Most people react to being told they have high cholesterol in the same way they would if they were told that they had terminal cancer. These two words, "high cholesterol," strike immediate fear when spoken by a doctor!

From the cradle, we have been taught that eating fatty foods like butter and cheese will clog our arteries (*atherosclerosis*) and eventually result in a heart attack. But what if this isn't true? Despite the fact that we've been told this for decades (*by the media and the medical establishment*), the fact of the matter is that high cholesterol is merely a **symptom** of heart disease and not **the cause**.

## What is Cholesterol?

Cholesterol is small molecule and is often referred to as a "lipid" or a "fat." Most of us know that cholesterol exists in high concentrations in egg yolks, in fatty meats (*beef, pork, and poultry*) and in shellfish. However, most of the cholesterol in the bloodstream is incorporated into compounds that are manufactured by the body for a wide variety of vital purposes.

Cholesterol is so important that every cell in the human body can manufacture it. The membranes of cells are constructed primarily of lipids, which play a vital role in regulating what may enter and exit the cell. The body actually uses cholesterol as a kind of band-aid to cover abrasions and tears in damaged arterial walls just as it does it for any other wound. Cholesterol is nothing less than a "life-saver."

Cholesterol is found in large quantities in every one of the trillions of cells in the human body. It is used to synthesize several steroid hormones, including estrogen, progesterone, testosterone, as well as corticosteroids. Cholesterol is also the precursor from which the body synthesizes vitamin D.

It is also a key building block for the proper functioning of nerve tissue and brain cells. In fact, cholesterol is one of the primary organic molecules in the human brain and makes up nearly 8% of the dry weight of the brain. In other words, it's essential to your ability to think, remember, and to act.



The liver, which is our God-given "chemical factory," is the largest producer and consumer of cholesterol. Each day, our liver produces approximately ½ teaspoon of cholesterol. Because cholesterol is insoluble in water and thus also in blood, it is transported in our blood inside spheric particles composed of fats (lipids) and proteins, called "lipoproteins."

## LDL and HDL

Lipoproteins come in different sizes, and you may have heard of the Low Density Lipoproteins (LDL) and the High Density Lipoproteins (HDL). We have been taught that there is “good” cholesterol (HDL) and “bad” cholesterol (LDL).

However, this is just a myth. **THERE IS NO SUCH THING AS “GOOD” AND “BAD” CHOLESTEROL!** Cholesterol is just one chemical compound and all cholesterol is exactly the same. Talking of LDL cholesterol and HDL cholesterol as if they were two different types of cholesterol is deceptive.

The LDL and the HDL are merely the “carriers” of the cholesterol since cholesterol is not water soluble. LDL carries cholesterol from the liver to where it is needed for cell repair and all the other jobs that cholesterol does. HDL carries “second-hand” cholesterol from cells being replaced back to the liver for re-use. Neither are “good” or “bad” – they are both essential.

Two recent studies (both in 2006) dispelled the myths about LDL and HDL. The first, published in the *Journal of the American College of Cardiology*, found that **LDL was NOT a predictor of greater disease.** This was confirmed by a joint Canadian and American group who also found that levels of **LDL did not predict heart disease. This, of course, is exactly the opposite of what we have been told for almost 50 years!**

## Is there a link?

Cholesterol and heart disease have been almost synonymous for the last half-century. In the media and by our doctors, cholesterol has been portrayed as the “Darth Vader” to our arteries and our heart. However, looking

at the combined results of more than 40 different trials which looked at whether lowering cholesterol levels reduced the occurrence of heart disease, analysis shows **there were similar rates of heart attack and overall mortality both in the groups who lowered their cholesterol and in those who did not.**

One of the most significant cholesterol research contributions comes from Dr. Uffe Ravnskov from Sweden, a medical doctor and researcher who is a world-renowned expert on cholesterol. From all the analysis that Ravnskov did, **he could not see any association between cholesterol and heart disease.**



A study done at the University Hospital in Toronto looked at 120 men who had previously had a heart attack. The study showed men with high cholesterol or low cholesterol were equally likely to have a second heart attack. Another Canadian study followed 5,000 men for twelve years and **could not find a link between high cholesterol and heart disease.**

A study sponsored by the German Ministry of Research and Technology showed that no link exists between food cholesterol and blood cholesterol. Even more surprising, in Japan, cholesterol levels have risen during recent years, yet the number of heart attacks has dropped. The largest health study ever conducted on the risks of heart disease took place in China. Like so many similar studies,



the Chinese study found **no connection** between heart disease and the consumption of animal fats.

A study called the Honolulu Heart Program was published in 2001. It looked at more than 8,000 individuals and made this amazing statement: *“Long-term persistence of low cholesterol concentration actually increases the risk of death. Thus, the earlier the patients start to have lower cholesterol concentrations, the greater the risk of death.”*

That’s right ... the Honolulu study concluded that low cholesterol actually **increases** the risk of death!! But how did we arrive at a place where, despite voluminous research to the contrary, it is accepted as “gospel truth” that high cholesterol causes heart disease? That answer will require a trip down memory lane...

## A Trip Down Memory Lane

In 1953, Dr. Ancel Keys PhD, was convinced that high levels of fat consumption resulted in high levels of heart disease. Interestingly, Keys had distinguished himself during World War II by developing a high-calorie food package (*dried biscuits, dried meat, etc*) that was named after him as the “K Ration.”

To prove his high cholesterol/heart disease theory, Keys conducted a multi-country research project where he looked at fat consumption and heart disease. He then compiled his research data, and presented a compelling linear chart, showing how high fat and high cholesterol correlated directly with heart disease for six leading countries.

His findings were published and re-published many times, and finally became accepted by the US Congress. However, Keys played a little “statistical trick” on everyone. His

charts showed data from only 6 of the 26 countries that he had assessed. He chose these 6 countries so his graph looked very linear (*like a “sales chart” used by a sales manager*) and would be effective to “sell” his theory.

However, if he had included the other 20 countries (*such as France, Italy, Spain, Sweden, Holland etc*) then his graph would have looked very scattered and would not have shown a link between high fat diets and heart disease.

It took twenty-five years before anyone discovered the missing data. By that time, Keys’ high cholesterol/heart disease theory had become so strongly entrenched in the population that it is now considered “common knowledge” and questioning it is tantamount to blasphemy.

## \$tatin Drug\$

Not surprisingly, most of the momentum for the anti-cholesterol campaign has come from major pharmaceutical companies with huge marketing budgets.



During the last quarter century, Big Pharma has mounted an incredible promotional campaign (*enlisting scientists, advertising agencies, the media, and the medical*

establishment) in a blitz that turned cholesterol-lowering (statin) drugs into one of the best-selling pharmaceuticals of all time. Big Pharma has generated hundreds of billions of dollars in sales of statin drugs, which are now a market worth around \$30 billion per year in the US alone, and climbing annually.

But before we proceed, let's get this straight. It is a **LIE** that cholesterol in your food causes cholesterol in your blood and that high cholesterol in your blood causes death from heart disease. **That is false data.**

In 1987, Merck made headlines when it came out with Mevacor (Lovastatin), the first cholesterol-lowering statin drug. Lovastatin became the most rapidly approved drug in the FDA's history.



Statin drugs block enzyme pathways involved in the production of cholesterol, thereby lowering cholesterol levels. But that's not all these drugs do. The same enzymes that are involved in the production of cholesterol are also required for the production of an essential compound called coenzyme Q10. Not surprisingly, lower cholesterol levels in statin users are accompanied by reduced levels of CoQ10.

Coenzyme Q10 plays an important role in the manufacture of ATP, the fuel that runs

cellular processes. Though it is present in every cell in your body, it is especially concentrated in the very active cells of your heart. Depriving the heart of CoQ10 is like removing a spark plug from your engine -- it just won't work properly. Low levels of CoQ10 are implicated in virtually all cardiovascular diseases.

In an 8-year long heart study, researchers observed 10,000 people with high cholesterol levels. Half of them received a best-selling statin drug. The other half were simply told to eat a normal diet and get enough exercise. **The results stunned the researchers.** Although the statin drug did indeed lower serum cholesterol, this had no impact whatsoever on death rate, non-fatal heart attacks, and fatal arterial disease. In other words, the statin-users had zero advantage over those who received no treatment at all. However, they had just spent eight years taking a costly drug with hideous side effects including liver failure, muscle wasting, and even sudden death.

The fact is that lowering cholesterol does **not** lower the risk of developing heart disease. However, Big Pharma doesn't let the facts get in the way of their marketing efforts! In 2009, the top selling prescription drugs in the USA were Lipitor and Zocor, with combined sales of over \$13 BILLION, both of which treat high cholesterol.

This raises an interesting point. Most people would have thought that the #1 and #2 top selling pharmaceutical drugs would have been for real diseases like cancer or diabetes.

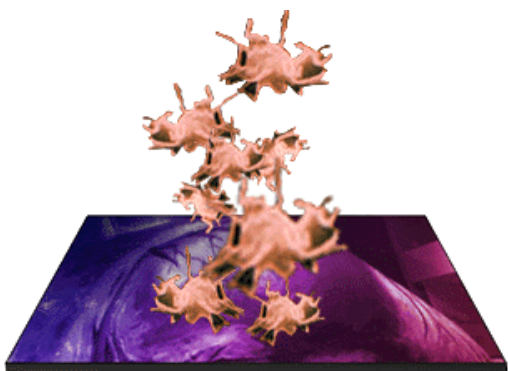
But that is not the case. As strange as it may seem, the top selling prescription drugs are sold to people who don't really have a disease at all, but only elevated cholesterol, which has been shown to have **NO EFFECT** on heart disease.

The statin pharmaceutical manufacturers describe “mild” side effects as including fatigue, nausea, diarrhea, heartburn, indigestion, headaches, trouble sleeping, constipation, and muscle aching. However, these don’t seem to be “mild” side effects to me!

In addition, there are more serious side effects that can appear at any time which are rarely reported by the drug manufacturers, including muscle deterioration, kidney damage, pancreatitis, nerve damage, brain damage, cognitive impairment, depression, and increased risk of heart failure!

## The “French Paradox”

Why do people who live in countries like France and eat plenty of cholesterol rich foods like cheese, cream, butter, and meats have such a low incidence of heart disease? This is called the “French Paradox.”



Once you get your mind around the fact that natural, unprocessed foods have healing properties, you will understand how to avoid heart disease.

The French cuisine relies heavily on fresh foods, which are much closer to natural than the typical western diet. The French never use trans-fats or hydrogenated oils. They use normal healthy fats like butter and olive oil.

The French Paradox is important because it substantiates the findings by countless researchers that normal intake of cholesterol and saturated fats does not cause heart disease.

By taking some of the heat off cholesterol, perhaps people can truly take charge of their health and mitigate their risk of heart disease. As is evident from the information in this special report, the cause of heart disease is **NOT** high cholesterol. The major causes are unhealthy diet, stress, obesity, and a sedentary lifestyle. When you eat too many fatty foods and do not get enough exercise, the arteries in your heart begin to clog with fatty deposits. Over time, these deposits can lead to major restriction of heart arteries, which leads to heart attacks. It’s a very simple process.

## EDTA Chelation

EDTA Chelation Therapy is a treatment for heart disease which you have probably never heard of, yet it’s used by a number of doctors. As a matter of fact, EDTA is the preferred treatment for heart disease for over 2000 medical doctors in the USA. The chemical EDTA (Ethylene Diamine Tetra Acetic Acid) is given as an intravenous drip over a few hours. EDTA binds with toxins such as mercury, lead, aluminum, arsenic, and cadmium, and then travels through the blood to the kidneys where it is excreted.

This treatment greatly improves the condition of the arteries as plaques are removed. However, EDTA Chelation Therapy is described by the AMA as an “unproven therapy.” This is not surprising to me, in light of the fact that the AMA is nothing more than the “medical mafia” and will do whatever it takes to protect Big Pharma and the **BILLIONS** generated by statin drugs!