Hey, What's Your Cholesterol?

It's about as casual and common a question as, "How's it going?" And because cholesterol is made out to be the dirty culprit responsible for high rates of heart disease, many stay on top of their cholesterol levels and try desperately to keep them below whatever the doctors are touting as the now, new dangerous level.

Men of all ages can't even watch a hockey game without being prodded to "Ask your doctor if Lipitor is right for you". Well, don't bother asking. The answer is "No!" Plain and simple.

Lipitor's website begins with the words, "If you have high cholesterol, you may not even know it." Well, that's true. If indeed high cholesterol *was* the cause of heart disease, the reminder and warning might be appreciated, but what the mainstream media doesn't tell us is this:

- Cholesterol is **not** a proven cause of heart disease.

Or this:

- Diets high in saturated fats and cholesterol do not equate to heart disease or high cholesterol levels.

And this:

- There is very little cholesterol or saturated fats in the arterial plaque that clogs.

How 'bout this?

- Rates of heart failure have doubled since the advent of statin drugs[2]

The truth is, cholesterol-lowering drugs (not cholesterol) cause more harm to the heart than cholesterol levels.

Conversely, Statins are dangerous with their proven crimes:

- They inhibit the production of a coenzyme, Q10, which the muscles, including the **heart** need to function.
- Statins cause heart failure.
- Statin drugs are a depressant.
- Statin drugs rob the mind of its cognitive ability.
- Statin drugs have been shown to cause cancer.

Cholesterol is not the culprit it's made out to be. In fact, it is a wonderful thing.

Let me repeat: Cholesterol truly is a wonderful thing and necessary to the body.

Did you know that cholesterol is [3]:

- Made by almost *every* cell in the body?
- Waterproof and helps build waterproof cell walls, allowing the cellular function to proceed without impediment?
- A powerful antioxidant, which helps protect against cancer?
- A building block for hormones- those that address stress, those that regulate mineral metabolism and blood sugars, and sex hormones, too?
- Necessary for brain function as well as the central nervous system?
- Like an anti-depressant? It helps the body make use of serotonin-the chemical that helps make us feel…well, good?

So, if you're trying to catch cholesterol, you're going after the wrong perpetrator!

But wait a minute-what about the "good" vs. "bad" cholesterol debate-maybe we shouldn't be up in arms against *all* cholesterol, but only the "bad" cholesterol?

Yet, this, too, is an ill-waged war.

The only thing “bad” about the “bad cholesterol”, i.e., LDL (low-density-lipoprotein) is that it *carries* homocysteine *along with* the necessary cholesterol, from the liver to other areas of the body.

Homocysteine is an amino acid that we rarely hear about within the cholesterol debate.

Too much homocysteine can damage the arteries and the heart.

Instead of lowering cholesterol levels, endeavor to lower homocysteine levels, which run rampant when our body doesn’t have enough vitamin B6, B12 and Folic Acid.

Unfortunately, this is all too often the case, since the body is ultimately depleted of these vitamins thanks to processed foods (The Heart Revolution, 15). Vitamins B6, B12 and Folic Acid are destroyed by technological a*dvances*, which are appealingly called “refined” and “processed”. Think white: white refined sugars, white flours, canning and heating processes, etc.

Let the case against cholesterol come to a close. It is a beautiful and necessary substance needed for healthy minds and bodies. As is saturated fats and cholesterol rich foods. What we don’t need is a statin drug to cover up symptoms that don’t really even exist and the onslaught of processed foods.

So if you really want to arm yourself against heart disease and truly want to stop worrying about cholesterol levels, try these easy, safe and delicious ideas:

Stock you refrigerator with free-range eggs and raw milk.

Don’t be afraid of fat-soluble vitamins A and D and the butter and lard from which they are deliciously delivered. Enjoy gourmet, nutrient dense, foods such as coconut oil, palm kernel oil, liver and organ meats from free range animals.

Find a friend who hunts and stock your freezer with venison and bones for making genuineheart-healthy bone stocks for your soups.

Eschew canned, processed fruits and vegetables as well as pasteurized dairy, especially ultra-pasteurized. And replace these with homemade or cottage industry provided sources.

Do eat fresh fruits and leafy greens. These are packed with homocysteine- regulating Vitamins: B6, B12 and Folic Acid. Then include crispy, fermented vegetables.

It's really rather easy. Just eat like an old time farmer, *OR* like a European immigrant *OR* a connoisseur seated at the finest restaurant in Paris or Rome.

Then enjoy your meals knowing that your heart will love it. In fact, it might just have a love affair with genuine food.

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[2] www.westonaprice.org

[3] www.westonaprice.org