

# Cholesterol

## The great myth

—by Johan Jacobs

**D**id you know that cholesterol and saturated fats are actually good for you? Yes, both are essential for good health! However, for the past 60 years there has been a concerted effort to spread false propaganda demonising cholesterol and saturated fats found in animal products and tropical oils (that are solids at room temperature). Despite the well-established health benefits of diets that are rich in cholesterol and saturated fat, research that is flawed, deceptive, and biased has created a myth that a low-fat, plant-based diet is ideal for good health. This false propaganda has contributed to the current state of confusion and the subsequent modern health disaster (the rise of obesity, type 2 diabetes, heart diseases, cancer, and so forth).



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My argument is backed by science and research. In this article I will present the argument, as quoted from Dr Thomas Levy’s book, *Optimal Nutrition for Optimal Health*. He is a top cardiologist that worked with Dr Hal Huggins (world-renowned toxicologist). Dr Levy used as many as 31 references in his cholesterol study to thoroughly explain Chapter 5 of his book, *Cholesterol: The great myth*.

### The link between high cholesterol and toxins

There is a link between the levels of toxins in your body and high cholesterol. Cholesterol is actually your friend, and helps to protect you against fat-soluble toxins such as mercury, for example. According to Dr Levy, high cholesterol levels develop in the presence of

**CHOLESTEROL HELPS TO PROTECT YOU AGAINST FAT SOLUBLE TOXINS.**

toxins because the cholesterol must neutralise the toxins. It follows that the most reasonable way to lower elevated cholesterol levels is to remove these toxins out of your body. According to Dr Levy’s research, the cholesterol levels will drop when the blood toxin levels drop. Sally Fallon, yet another health authority and author of *Nourishing Traditions*,

says: “High serum cholesterol levels often indicate that the body needs cholesterol to protect itself from high levels of altered, free-radical-containing fats.”

### Cholesterol is a defence mechanism

Dr Levy quotes research that demonstrated that exposure to the toxicity of pesticides would reliably elevate the cholesterol levels. “Low Cholesterol levels allow more toxicity, such as from mercury, to not be neutralised.” A very reasonable conclusion to draw out of all these studies is that cholesterol serves as a defence mechanism to protect the body against exposure to a wide range of toxins. When you suffer from high cholesterol, you should be concerned about the source of the toxins. A higher cholesterol level is your body’s defence mechanism to protect you and your most vital organ, your brain, against fat-soluble toxins. This principle is explained in detail in my book, *Go Natural: Wisdom for healthy living*.

### The importance of high-cholesterol food in your diet

We must understand that our blood vessels can become damaged in a number of ways: through free radicals, anaerobic bacteria or viruses, or because the blood vessels are structurally weak. When this happens, the body’s natural healing substance steps in to repair the damage. This substance is cholesterol. Cholesterol is a combination of a steroid and a high-molecular weight alcohol that is manufactured in the liver and in most cells in the human body. Like saturated fats, the cholesterol we produce and consume plays many vital roles.

### The roles of cholesterol

- A well-documented fact about cholesterol is that low serum cholesterol levels are associated with the incidence of cancer. When we consider the protective effect that cholesterol provides against toxicity, and that many toxins are cancer-causing agents, the increased incidence of cancer seen with lower levels of cholesterol makes a lot of sense. The lower your cholesterol, the less protection you have against any of the cancer-causing toxins that are circulating in your bloodstream.
- Cholesterol is a precursor to vitamin D, a vital fat-soluble vitamin needed for healthy bones and nervous system, proper growth, mineral absorption, muscle tone, insulin production, reproduction, and immune system function.
- Cholesterol is needed for the normal function of serotonin receptors in the brain. Serotonin is the body’s natural “feel good” chemical. Low cholesterol levels have been linked to aggressive and violent behaviour, depression, and suicidal tendencies.
- Mothers’ milk is especially rich in cholesterol and contains a special enzyme that helps the baby utilise this nutrient. Babies and children need cholesterol-rich foods throughout their growing years to ensure proper development of the brain and nervous system.
- Dietary cholesterol plays an important role in maintaining the health of the intestinal wall. This is why low-cholesterol vegetarian diets can lead to leaky gut syndrome and other intestinal disorders.
- Your brain consists of more than 50% cholesterol.

**CHOLESTEROL IS IMPORTANT FOR MAINTAINING A HEALTHY GUT.**

### Vegetarian diet cannot neutralise daily toxin exposure

Dr Levy makes the following statement regarding cholesterol: “High-quality meat must be included in these foods; since a vegetarian diet will not generally sustain cholesterol levels high enough to neutralised one’s daily toxin exposure.”

### Our wise Creator’s provision

It is clear that cholesterol is not bad. For me, it is also obvious that our wise Creator knew that we would be exposed to harmful fat soluble chemicals, toxins, and substances that can damage our brain and body. Therefore, He designed a way for our bodies to produce cholesterol, which can help us against the onslaught of fat soluble toxins.

### Empower yourself further

Do your own research about cholesterol lowering drugs (statins). Recent studies show that there is a direct correlation between statins and neurological diseases like dementia and Alzheimer’s. Watch Dr David Diamond’s *Demonization and deception in cholesterol research* on YouTube, where he exposes the deception and false propaganda regarding cholesterol, statins, and saturated fats. ■

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