



Wisdom for Healthy Living

THE CHOLESTEROL MYTH

CHOLESTEROL is your FRIEND

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DID YOU KNOW?

Cholesterol and saturated fat are actually good for you! Yes, both are essential for good health! Cholesterol is actually your friend that protects you.

However, for the past 60 years, there has been a concerted effort with false propaganda to demonise cholesterol and saturated fats, found in animal products and tropical oils (solid at room temperature), in our food and blood. Despite the well-established health benefits of diets rich in cholesterol and saturated fat, flawed, deceptive and biased research has created the myth that a low fat, plant-based diet is ideal for good health. Poorly conducted epidemiological research, U.S. government intervention and misinformation conveyed by fashionable lifestyle researchers have contributed to the current state of confusion and the subsequent modern health disaster (the rise of obesity, diabetes, heart disease, cancer) caused by false propaganda.

The information and proof of my argument is well backed by modern science and research. As a start I will present the argument in this article, as quoted from Dr Thomas Levy's a top cardiologist that worked with Dr Hal Huggins the world-renowned toxicologist that saved my life from Multiple Sclerosis in his book Optimal Nutrition for Optimal Health plus various other reputable resources that is sadly been hidden from the public. Dr Levy used as many as thirty-one references in his cholesterol study to thoroughly explain Chapter 5 of his book entitled Cholesterol: The great myth. I will use a couple of his discoveries that will proof the myth about cholesterol.

THE LINK BETWEEN HIGH CHOLESTEROL AND TOXINS

There is a link between toxicology and high cholesterol levels that most people are completely unaware of. Despite what is commonly understood, cholesterol is actually your friend, and helps protect and help you to de-tox against fat-soluble toxins, like mercury for example.

"High cholesterol levels develop in the presence of toxins; the toxins are neutralised by the cholesterol. It follows that the removal of these toxins is the most reasonable way to lower elevated cholesterol levels." p88

Remember that detoxification and new exposure to external toxicity will increase toxin levels in the blood. But not to worry as -



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"Cholesterol levels will rise regardless of where the blood toxins originate. And cholesterol levels will drop when these blood toxin levels drop." p91

According to Sally Fallon yet another health authority and author of *Nourishing Traditions*:

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

"The concept that cholesterol can inactivate or neutralise a wide variety of toxins is not new. In 1981, Alouf identified cholesterol as an activator of multiple bacterial toxins. Chi et al. and Watson and Kerr showed that elevation of serum cholesterol actually served as a marker for a number of different toxic exposures. Studies by Kossman et al. and Bloomer et al. even demonstrated that exposure to the toxicity of pesticides would reliably elevate the cholesterol levels of those exposed individuals." p90

"Low Cholesterol levels allow more toxicity, such as from mercury, to remain unneutralised." P93

A very reasonable conclusion to make from all of these studies is that cholesterol serves as a defence mechanism to protect the body from a wide range of toxic exposures.

When one has high cholesterol, you should be concerned about the source of the toxins. Higher cholesterol is your defence system to protect you and your most vital organ, your brain against fat-soluble toxins. This principle is also well explained in my book.

The importance of CHOLESTEROL in your diet

Here, too people have been misinformed.

We must understand that our blood vessels can become damaged in a number of ways – through irritations caused by free radicals, anaerobic bacteria or viruses, or because they 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 high-molecular weight alcohol that is manufactured in the liver and in most human cells. Like saturated fats, the cholesterol we produce and consume plays many vital roles:

Other useful facts and roles of CHOLESTEROL

1. "A little appreciated but also well-documented fact is that low serum cholesterol levels are associated with the incidence of cancer. When we consider the concept of the protective effect that cholesterol provides against toxicity, and when one also considers 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 goes, the less protection you have against any of the cancer-causing toxins that are circulating in your bloodstream." p 90-91



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2. 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.

3. Cholesterol is needed for proper 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.

4. 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.

5. 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.

6. Your brain consists of more than 50% cholesterol.

Finally, Dr Thomas Levy makes the following comments regarding cholesterol:

"Some high-quality meats 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".
p89

It is clear cholesterol is good and not bad. For me it is also obvious that our CREATOR in His all wisdom and foreknowledge new that we will be exposed to harmful fat soluble chemicals, toxins and substances that can damage our brain and body and hence this was HIS way in designing this method in our bodies to produce cholesterol to help us when needed against the onslaught of fat soluble toxins.

More proof and research and especially on the false research and propaganda on cholesterol lowering drugs (statins). Recent studies and the linked presentation show that there is a direct correlation between statins and neurological diseases like Dementia and Alzheimer's.

Demonisation and Deception in Cholesterol Research

<https://www.youtube.com/watch?v=yX1vBA9bLNk>

This is a must-see presentation by Dr David Diamond exposing the deception and false propaganda regarding cholesterol, statins and saturated fats.

Blessed regards

Johan