



*Wisdom* for Healthy Living

## **THE CHOLESTEROL MYTH - September 2019**

### **DID YOU KNOW?**

Saturated fat and cholesterol are actually good for you! Yes, both are essential for good health!

“For the past 60 years, there has been a concerted effort to demonise saturated fats, found in animal products and tropical oils, and cholesterol, 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 contemporary lifestyle researchers have contributed to the current state of confusion on dietary influences on health.”

### **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 and saturated fats.

At the end of this documentary and if you've read my book, particularly the section on “The Importance of Cholesterol in the Diet”, you will realise that cholesterol is your friend and not your enemy.

### **THE LINK BETWEEN HIGH CHOLESTEROL AND TOXINS**

According to Sally Fallon:

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

When one has high cholesterol, you do not need to worry about the cholesterol as it is proven that it can't harm you, but 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.

Healthy regards

Johan