



MEMORY, HORMONES, AND CHOLESTEROL

"Doctors want your cholesterol below 150. And trust me, it won't be long before that number is lowered to 120 and possibly 100 in order to dupe another 10 to 20 million healthy folks into believing they are sick and need drugs."
- Dr Bruce West

If your total cholesterol is below 150, you may be at high risk for dementia, memory loss, hormone imbalance, and possibly even feminization (for men) with a fat gut, lack of endurance, hot flashes, loss of sex drive, and more. While some people with low cholesterol levels are just fine, if yours is low **and** you are suffering from the problems listed, you need to take action. And if you are taking statin (cholesterol-lowering) drugs, your first action is to insist that your doctor get you off these drugs.

DHEA is considered the **master hormone**. It starts the hormone production chain, followed by pregnenolone, other corticosteroid hormones, estrogen, progesterone, and more. Hormones are critical to good thinking and memory. A deficiency of pregnenolone is associated with memory loss. But the thing you need to keep in mind is that DHEA is not where hormone production starts. Rather, all hormones, including DHEA, pregnenolone, etc., are made from cholesterol.

So it is easy to see if you are altering or lowering your liver's cholesterol production, you could be cutting off the fuel or raw material from which your hormones are produced. That's why, along with lots of other reasons, statin drugs can cause all kinds of serious problems. It would be a cruel hoax indeed to keep your doctor happy with a cholesterol level of 100-120, and then be forced into a nursing home because you could no longer remember anything.

Cholesterol, Vitamin D, Cancer and Bones

Today there's lots of hoopla about Americans being vitamin D deficient. Without adequate vitamin D,

you are prone to osteoporosis and cancer, especially colon cancer. What you don't hear from any of these medical sources is how you get your vitamin D. Vitamin D is made by the body from cholesterol in the skin in the presence of sunlight!

Without adequate cholesterol you will not be able to produce enough vitamin D. Vitamin D fortification, as in milk, is absolutely not the same – no matter what anyone tells you. The vitamin D connection is just one more way you are at higher risk of cancer when your cholesterol is too low.

You also cannot maintain strong bones without adequate vitamin D. Vitamin D helps your body incorporate calcium into strong bones. Without adequate vitamins D and F (unsaturated fatty acids), calcium can stay in your bloodstream and tissues, in effect hardening or turning them to stone. This is especially true for tissues in the heart and brain, effectively causing heart disease and stroke.

So it is easy to see how cholesterol can actually **prevent** heart disease, stroke, osteoporosis, and cancer – just the opposite of what you have been taught to believe by the medical profession. Their mantra continues to be: lower cholesterol artificially at all costs with drugs. And their low-fat diets, which are almost devoid of animal fat, serve to promote vitamin D deficiencies.

You see, vitamin D in food form is **only found in animal foods**. You will not get vitamin D from any vegetable. Fish oil is the best form of dietary vitamin D.



So once again it is clear that maintaining ever-lower cholesterol levels is not a good idea – except for the drug manufacturers. Today in the money-driven medical world, you must maintain common sense. Anything else can cost you dearly.

Dr Bruce West
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