



## OPTIONS CENTER HEALTH TOPIC



### High Cholesterol and / or High LDL Do Not Cause Heart Disease

*“Cholesterol drug therapy produces instant gratification for doctor and patient by lowering cholesterol numbers. These drugs are indeed the cure for the condition of **cholesterol neurosis** (the unwanted fear of cholesterol).”*

- Health Alert, Vol. 19, No. 10

Wouldn't it be great if we could find out, once and for all what causes heart disease and heart attacks? Well this is something you won't find out because the nutritional and structural connections to heart disease are not and will not be researched. But at least we have found out one thing for sure – **high cholesterol and high LDL are not risk factors for heart disease.**

Thanks to the results of the INTERHEART STUDY presented at the European Society of Cardiology conference in Munich, this is now fact. This huge study of tens of thousands of patients in more than 200 centers worldwide established the factors that cause and can prevent heart disease around the world. There was lots of noise about **stress, smoking, diabetes, etc.** But like one hand clapping, **there was a deafening silence** about high cholesterol, or even high LDL and LDL to total cholesterol ratios!

Let me repeat that. After all the studies were in, the following were the leading cause of heart disease: **smoking, diabetes, high blood pressure, obesity, alcohol consumption, stress, ApoB to ApoA (certain types of fat/protein ratios).**

The thundering silence is the **complete omission** of cholesterol and LDL cholesterol. Complete omission, as in **cholesterol is not even listed** as a risk factor in heart disease.

#### Hype vs. Truth

Compare that with what you have been taught by your doctor and the drug makers-namely that high LDL is **the most important and powerful** risk factor for coronary heart disease. Or that cholesterol is a critical element for the body and the brain, and not substance to be universally feared.

The smart docs realize this and work hard to learn what heart disease is all about. They live a life like Mark Twain, who said, “I never let school interfere with my education.” Unfortunately, there are too few practitioners like this.

Hopefully all doctors will take a long, hard look at these amazing facts – especially the curious incident about the high cholesterol level **that did nothing.**

The medical and pharmaceutical professions have spent the last decade scaring the living daylight out of all of us with dreadful information about cholesterol and LDL. They cap this period by hoping to put 25% to 40% of the entire adult population of our nation on statins. That would be drugging most adults for a non-problem.

So what gives here? Surely your doctor isn't lying to you. In fact, he or she isn't. **Doctors just provide you with the data they have been taught.**

Unfortunately, the folks in charge of medical education and studies are the same folks that make cholesterol-lowering drugs.

#### What Happens Next?

In another decade, the medical community will have swept cholesterol and LDL under the rug. If you bring it up, they will appear shocked. Rather they will be working on a new kind of heart disease cause – drugs



to chemically later or normalize blood fats and proteins – namely ApoB/ApoA ratios and ApoA/ApoA1 ratios. And you can bet the pharmaceutical industry will hope that statin drugs will do this so it can then recycle these drugs as a new cure.

But for now, high cholesterol and high LDL have not been found to be risk factors for heart disease – **not even mentioned!** Hard to believe, isn't it? Again, the false proclamation that something (like cholesterol is the major risk factor in heart disease – or taking these and other drugs saves lives- is intellectually dishonest. According to Malcom Kendrick MD, it is like “finding a way to make the benefits of treatment seem 3,000% better than they really are . . . wow . . . way to go!”

Special thanks to Dr. Kendrick, a GP “cholesterol skeptic,” dogged medical researcher and guest columnist at [www.redflagsdaily.com](http://www.redflagsdaily.com).

*Excerpted from Dr. Bruce West's Health Alert Newsletter Volume 22, Issue 1*

#### OPTIONS ALSO OFFERS YOU

- ✓ Nutritional Analysis to keep your health in balance