

The Cholesterol Controversy – It's Not What You Think!

-by Jay D. Foster, BS, NC, CCN

Enjoy Your Eggs and Butter! That's right...eggs, butter and other high cholesterol foods really do not contribute significantly to high blood cholesterol. As any medical text book will tell you, approximately 80% of the cholesterol circulating in our blood stream comes from the body's own production, most of it by the liver. So, only about 20% comes from dietary cholesterol. Let's say your cholesterol (which should be under 200mg/dl) is quite high, say 360mg/dl! Then you stop all eggs, butter and other high cholesterol foods and where does that get you? About a 20% reduction, or down to 288, which is still way too high!

Why don't we focus on what causes the 80% part that is produced by the liver. What causes that? To find out the surprise answer, we look at the pharmaceutical companies that make the "statin" drugs for an answer.. When the drug companies first developed these drugs to fight cholesterol, they first had to test them on laboratory animals, like rats, rabbits, monkeys and mice, before they test them on humans. The first problem they run into in doing so, is that laboratory animals, like rabbits eating normal rabbit chow don't develop high cholesterol. That's a problem! - How are they going to test out a drug to lower cholesterol on lab animals that don't have a high cholesterol in the first place?!

The answer is that they have to first induce high cholesterol in those animals. How do they do it? Do you think they feed them lots of eggs, butter and other high cholesterol foods? Well, they probably tried that first, but they found out that didn't work. When they finally found out what did work, they got so excited, they published it in scientific journals to share with other drug companies making statin drugs.

What did they find that raises cholesterol in lab animals (and humans!)?? Refined sugar (as sucrose or dextrose) and the protein from all cow's milk products (except butter!), called casein, or caseinate. Numerous studies now show that feeding lab animals a "cholesterol-free" diet of dextrose and casein will raise the serum cholesterol^(1,2,3,4,5), "thereby providing a useful model for atherosclerosis research". Study after study proves that it's not eggs or butter or dietary cholesterol that raises our blood cholesterol, but the sugar and low-fat dairy products in our diet. No wonder we hear it so often: "My doctor put me on a low cholesterol diet and it didn't work, so now I'm on a statin drug."

Even though the pharmaceutical companies own research indicates that it's not the eggs and butter, but the sugar and dairy in the diet that causes high blood cholesterol, they don't tell us and they don't tell your doctors. Why? Maybe it's the fact that the statin drugs last year made over \$19 billion, that's over \$52 million per day!

Our clinical research over the past 26 years at Body Chemistry has taught us that if a person follows a no sugar/no dairy diet and adds in Non-Flush Niacin, Pantethine and other natural cholesterol controls, that in most cases, high cholesterol can be controlled, even with a high cholesterol diet. So, enjoy your eggs and butter and avoid the sugar and dairy products! - Jay D. Foster, BS, NC, CCN. 1-800-CHEMIST www.1800chemist.com

For more information on this and other health topics, listen to Jay Foster's Radio Show, Health Connection Radio, 7days a week at 9am on WAXY 790 am radio in South Florida or taped broadcasts on the internet at www.healthconnectionradio.com, or call his office for more information on their BodyChem™ testing programs at 1-800-CHEMIST (1-800-243-6478 or 305-670-6702)

References:

1. Laboratory Animal Science 45(6):663-70, 1995 Dec
2. Journal of Nutrition, 45(6):3046-53 1996 Dec
3. Atherosclerosis 76:125-180, 1989
4. American Journal of Clinical Nutrition 1998: 68(suppl):1390s-1393s
5. American Journal of Clinical Nutrition 2002; 76: 78-84

Jay Foster's Tips on Controlling Your Cholesterol:

1. **Avoid refined sugar**
2. **Avoid cow's milk products, except butter**
3. **Take Nia\Chol™, 3 caps, twice daily**
4. **Take Super Q Gel™ (Q-Gel, 30mg), 3 caps, twice daily**
5. **If you are NOT on Statin drugs, take CholeX™ 3 caps twice daily for 2 mo, Then, if you cholesterol is under control, drop to 2-3 caps once daily.**
6. **If the above doesn't work well enough, call 1-800-CHEMIST for more information on The BodyChem™ Programs of biochemical testing.**
7. **Nia\Chol™, Super Q Gel™ and CholeX™ can be ordered at 1-800-CHEMIST.**