

Why You Shouldn't Believe the Cholesterol Lie

The health changes I've seen from speaking to you personally over the past months have been nothing short of miraculous. It has been the privilege of my wife, Sharon, and I to have spoken and prayed with so many of you concerning not only your health concerns, but also so many other areas of your life.

I love helping people. I love what I do. So when I speak to you and you tell me how you felt horrible with no energy and now you feel great with boundless energy, it makes me realize the importance of what I do, and it continuously proves to me how God answers prayer. It shows me how healthy lifestyle choices and proper supplementation can totally change a person's life and health perspective. Let's get started!

Many of you have seen me on TV with pastor Rod Parsley. If you haven't, let me share with you the results of the *Eat, Drink, and Be Healthy!* program. When I met Pastor Parsley at a Daystar TV show, his cholesterol was over 600 and his triglycerides were through the roof at over 1,000! These are two dangerously high numbers.

Those levels are deadly. Pastor Parsley is blessed that he followed my EDBH program and reduced his cholesterol to under 200 and normalized his triglycerides. When the blood fats get that high, the blood viscosity increases because the blood gets too thick. This makes it very difficult for the heart to pump. An analogy would be that it is easier to pump water than axle grease. Once he increased his water consumption (helps to thin the blood—should be one-half of your body weight in fluid ounces per day; if you weigh 200 pounds, then 100 ounces per day), reduced certain animal protein, his blood thinned and his cholesterol and triglycerides were normalized. Six medical doctors had told him it would be impossible to reduce his

cholesterol without a lifetime dependence on statin drugs.

First of all, let's talk about cholesterol. Rod's was ridiculously high, and it had to come down. But always remember that the liver produces large amounts of cholesterol; you can't live without cholesterol. It used to be a total cholesterol of around 250 was considered normal. Then suddenly overnight, the pharmaceutical (big drug) companies decided that 200 was the proper number. Now it's 160. There is no research to substantiate these numbers. I personally believe it is simply pulled out of thin air so that another 100 million people can be told they're ill and need to be on drugs for life to control their cholesterol.

Let me share with you some interesting facts. Cholesterol has never been proven to cause heart disease! I personally believe cholesterol under 250 should be considered a normal range. The food you eat only has a moderate effect upon cholesterol. Statistics prove your body needs it and your liver continues to make it. Statistics prove that people with cholesterol above 160 actually live longer. Low cholesterol under 160 actually increases the death rate.

Men, you also can't produce much testosterone with low cholesterol. You lose muscle mass and increase body fat. Many men can't think clearly, and many men feel terrible taking statin drugs. Cholesterol (statin) drugs put you at greater risk of cancer, depression, memory loss, nerve damage, skeletal muscle damage (necrosis) and kidney damage. According to the *Journal of the American Medical Association*, in the May 2003 issue, if you take statin drugs for 30 years, you only live six months longer. That's probably because other death rates are increased from the drugs themselves.

What I'm going to reveal to you in this article, in my opinion, it is the biggest medical mistake of the past 50 years. Cholesterol levels of 200 or higher is not the culprit in heart disease. The problem is that standard medical

procedure won't admit to being wrong. After all, the use of cholesterol drugs is a \$16 billion a year enterprise. In 1983, the National Institutes of Health (NIH), a completely pro-big pharmaceutical company, which feels everyone is sick and needs to be on drugs, decided that high cholesterol was the culprit in heart disease. A pioneer, Dr. McCulley, told us the truth about heart disease, homosystene levels and inflammation in the 1970s and was eviscerated by the standard medical establishment. The biggest problem the NIH had in the 1980s was that they were having a difficult time convincing medical doctors that cholesterol was bad.

Remember, doctors know that the liver manufactures huge amounts of cholesterol, unless it is drugged by statins not to do so. It's amazing that in 1900, we had no statin drugs and had one of the healthiest populations on earth with almost no heart disease. Consumers, on the other hand, had already been brainwashed in the 1970s by bogus studies, media and research misinformation. Back in the 1950s, studies showed that powdered egg yolks caused heart disease. The truth is, powdered eggs do cause heart disease because they are oxidized—they cause inflammation.

That's why I tell you to never to use powdered eggs, Egg Beaters or anything artificial. Use real organic eggs. They don't cause heart disease. And always cook the eggs soft scrambled or over easy in real organic butter, and don't throw the yolks away. They are healthy and they're good for you. They are loaded with sulfur, and the sulfur helps to maintain good healthy skin, hair and nails.

Cholesterol is so important that every cell in your body contains it. The human body will die without it. And guess what organ has the highest concentration of cholesterol? Your brain! You can't think clearly or remember without it.

That's why when you artificially lower it, in many cases you don't think clearly and your memory goes to pot, and then your

liver makes extra cholesterol to make up for what you don't get in your diet. That's why it is difficult to lower cholesterol using diet alone. The drugs stop the liver from producing this essential nutrient. That's because your liver fights back on a low cholesterol diet to keep you healthy. Remember, cholesterol is used as a blood lubricant by the body to keep the blood flowing properly.

The reality is that, statistically, people with a high 160-250 cholesterol level live the longest. Remember, the government's own Framingham study shows that older people with the lowest cholesterol had some of the highest death rates. Yale University's Dr. Harlan Krumholz found elderly people with low cholesterol die more often from heart attacks than those with high cholesterol. His findings are even published in the *Journal of the American Medical Association*.

Here are the facts:

- People of all ages with low cholesterol have higher death rates from gastrointestinal and respiratory diseases (19 studies using 16,000 people).
- Low cholesterol increases the rate of infection.
- Below 160 is twice as likely to die than a 160-250 cholesterol level.
- Low or high cholesterol deaths from heart disease are about the same, but low cholesterol has a much higher cancer rate. That's probably because cholesterol of under 160 is normally obtained from the use of statin drugs. Statin drugs all have one common side effect: They all cause cancer. A French study revealed that cancer rates climb steadily as cholesterol levels fall below 200.

The reality is that the heart researchers know the truth but are too arrogant to give us the facts. I mean, after all, 50 years of entrenched dogma is hard to change or at least admit. Plus, much of the cholesterol research is paid by the drug

companies, and their data is secret.

Always remember this cholesterol lie was started by a bunch of (no eggs) tree hugger doctors, drug companies and researchers who refused to admit the truth about the major cause of heart disease.

I remember it was 1973. I was a senior in high school, and Richard (foul-mouthed) Nixon was president. He decided to declare war on cancer. What a joke that has been. The big shots of mainstream medicine decided that they could, if given enough money (around \$1 trillion to date) could cure cancer. In the process, they decided to do a seven-year study using 13,000 men. More than half had high blood pressure and were smokers.

The other half had maximum medical supervision—don't eat this, don't eat that, no eggs, no red meat. Guess what happened after seven years of deprivation? The boys who ate normal lived longer. Wow. Imagine that. How many times have you heard me say organic beef, organic eggs and organic butter are not on my top 10 list of foods not to eat?

Researchers even found that the blood pressure medication of the control group may have caused the death of the healthy participants. (Remember, according to the May 2003 *Journal of the American Medical Association*, 30 years of high blood pressure medicine only increases life expectancy by nine days. Again, the medicine has so many bad side effects.). These findings, by the way, were revealed in 1982.

However, the medical researchers and pharmaceutical companies hushed it up. Way too much money was and is being made selling drugs. Even the British medical journal *Lancet* wrote that 200 men without any prior heart disease have to swallow 357,700 statin tablets over five years to save one of them from dying of coronary heart disease. This is due from the fact that no exact knowledge exists as to which of these 200 will benefit

from the treatment.

I personally believe that 1 in 200 is high. Remember, the toxic side effects and cancer-causing abilities of statin drugs. Chances are, more than 1 in 200 hundred will die or be adversely affected from the statin drugs themselves.

At one point, TV ads even said that Lipitor has not been shown to prevent heart disease, cardiac disease or heart attacks. It's amazing to me that we are spending \$16 billion on these drugs that are, in my opinion, not necessary and are probably causing a lot more health problems because of their consumption.

By the way, don't blame your doctor for prescribing you cholesterol-lowering drugs. He's following the standard medical procedures, and he has to if he wants to keep his license. Also remember, almost all of the continuing education provided to doctors after medical school is provided to them free of charge by—guess who—the drug companies. Imagine that. Do I hear a collective conflict of interest by anyone except me? What a horrible, not funny joke.

Now, there are several other real causes of heart disease. C-reactive protein, trans-fat consumption and excitotoxin consumption (found in MSG, NutraSweet, Aspartame, diet soda and Equal) are linked and are the true causes of heart disease.

So, I know your next question: Should I be concerned about my cholesterol? The answer is a very loud yes! I like to keep mine around 200. Your body needs it, but it needs to be watched. Also, the lipid profile is important. It's important to keep the HDL cholesterol high and the LDL low.

Dr. Ted Broer, a university-trained biochemist, exercise physiologist and licensed nutritionist, nearly died of heart

disease at the age of 27. He has spent nearly two decades studying the relationships between nutrition, exercise, disease and premature death.

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