

## Nutrition: Complementary And Alternative Choices

# Cholesterol

Myths, Misconceptions and FACTS

*This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.*

John W. Jones, MD, MPH  
Nutritional Consultant, Nutrition Pure and Simple  
[www.jjconsulting.net](http://www.jjconsulting.net)

Nutrient	Product	Quan
Essential Fatty Acids (EFA)	Ultra Omega-Linic	4-8
Multi Vitamin with High B Vitamins	Ultra-Vites*	2
Vitamin E Important with high levels of EFA	Vitamin E-400 (mixed tocopherols)	1
Monolaurin	Ultra Monolaurin twice a day	2
Probiotic	Ultra 4x6 Probiotic	1-2
Magnesium	Ultra-Magnesium Chelate	1-2
<b>Consider:</b>		
Coenzyme Q10	Ultra-CoQ10 100	1-4
Milk Thistle	Milk Thistle	1-4

\* Use a multi without iron unless there is a need for iron

### New Information July 2017

- There is disagreement about using medication to lower cholesterol.
- One study showed an increase in mortality of patients with congestive heart failure who were treated with statin drugs to lower cholesterol.
- Low levels of cholesterol, non-high-density lipoprotein cholesterol, and LDL cholesterol were associated with a greater mortality risk.
- All of the drugs have very substantial, serious, and occasionally fatal adverse events.

The Cholesterol story is a continuation of the misrepresentation over the years about Fats & Fatty Acids - the *'fat is bad for you'* myth..

Cholesterol **IS NOT** the killer it has been represented to be.

Do you know what Cholesterol is good for?

It helps to create cell wall membranes.

It acts as a precursor to the manufacturing of sex (and all) hormones.

It is a precursor to the formation of vitamin D from sunlight.

It helps to formulate bile acids to digest fat.

It is important in maintaining the health of the intestinal wall.

It is a basic building block: it forms most of the brain's tissue matter.

It is needed for proper function of serotonin receptors in the brain.

It forms the central nervous system's myelin sheath.

It helps protect you from neurological diseases:

Dementia, MS, and Parkinson's Disease, to name a few.

Ironically, it may serve as a short term "band-aid" for coronary inflammation to protect against arterial rupture." *'To the rescue'* to coin an old phrase. We want more of it!

## Do you need to worry about high cholesterol?

We are not discussing familial hypercholesterolemia.

Cholesterol is intimately tied to thyroid function. If cholesterol is high, have your thyroid tested. In my early years in medicine this was the way to measure thyroid function. If the thyroid is not functioning well the cholesterol levels increase.

High cholesterol is also an indicator of inflammation - especially inflammation in the arterial walls. Inflammation is very much involved in many degenerative diseases, like arthritis. The body sends cholesterol to act as a band-aid to protect against the damaging effects of inflammation and free radical oxidative stress. C-Reactive Protein is an excellent test for inflammation.

## Do you need to worry about low cholesterol?

According to the Mayo Clinic, very low levels of LDL cholesterol are associated with cancer, hemorrhagic stroke, depression, anxiety and other conditions (which are still being studied and debated). One interesting piece of information: while some studies show that certain food choices, meat high in saturated fat, for instance, can cause an increase in LDL cholesterol. What is not reported is that there is also an increase in HDL cholesterol. This increase in HDL may be even greater than the LDL rise. In other words, both the 'good' and the 'bad' cholesterol go up.

From a number of studies one can deduce: Replacing Fats with Carbs in the diet leads to Diabetes and other chronic diseases. In fact, fat is one of the 3 main nutrients needed by the body (fat, protein & carbs). In addition to that, cholesterol can be made from more than one source; fatty acids, amino acids and/or glucose. NO OTHER chemical in our body has so many options for its manufacture. The body **ensures** the presence of this protective and beneficial substance.

Talking about cholesterol; Dr Kabara, in his book *Fats are good for you and other secrets* states: "...we would not be able to make or require a substance that would be toxic or harmful.." Dr Kabara points to another interesting cholesterol phenomena: if you lower your dietary intake of cholesterol, the body makes more of it. If you raise your dietary intake the body makes less cholesterol.

Fats needed and used by the body come in various saturations and chain lengths (1 to 30 carbons - with 12-18 being the most common)

**Short chain** (1-5), **Medium chain** (6-12), **Long chain** (13-21) and **Very long chain** (22 or more)

short chains can be made in the intestines by fermenting fiber; another reason for emphasizing the fiber content of food. ...and a very good reason to ensure a healthy GUT environment with a good probiotic - **Ultra 4x6 Probiotic**

Some fats are saturated (naturally) and some are unsaturated or polyunsaturated

Some fats are 'essential' because the body cannot make them and must have them

For this reason my first nutritional recommendation is **Ultra Omega Linic**. It provides **preformed**, Polyunsaturated Omega 3 & Omega 6 Essential Fatty Acids (PUFAs). These are lacking in our typical Western diet. The addition of **Ultra Vites** ensures that the body can perform its various metabolic activities in processing these PUFAs

All fat chain lengths are beneficial - saturated or otherwise

- Coconut oil, a saturated fat, is an example of very beneficial medium chain fatty acids.
- Some saturated and unsaturated lipids are anti microbial, anti viral, anti fungal and are very important to the maintenance of the immune system
- Coconut oil is also a rich source of monolaurin and the other related medium chain monoesters. **Ultra Monolaurin** is a 90% pure distillate of coconut oil.
- The other rich source of monolaurin is mother's milk.

Mother's milk is perfectly formulated to protect the immune system of newborn babies. It provides energy (ketones) for baby's rapid growth and powerful immune protection.

## Ketones

While on the subject; Ketone bodies are a consequence of a low carbohydrate or ketogenic diet, and one rich in coconut and coconut oil. Ketones are used as fuel by heart, brain & muscles. All fatty acids are very

high energy fuels.

The website CoconutOil.com is a wealth of information about coconut oil, monolaurin, and cholesterol. The studies dispute many of the incorrect, misleading and downright deceptive information readily available to those searching.

## **Cholesterol**

The important question is 'Do you really want to artificially depress this powerful defense mechanism?'

### **Effective Nutritional alternatives for Protective Cholesterol:**

- **Ultra Monolaurin** The anti viral and anti biotic properties of monolaurin are of vital importance for their ability to protect the lining of the arteries (defense against cardiovascular disease).
- **Ultra-Vites** is a high potency, broad spectrum multi- vitamin, that is formulated to cover all the nutritional bases and optimizes liver function. In addition, because of its high levels of Folic Acid, B 12 and B 6 it normalizes homocysteine levels. This effect is more pronounced with our new formula which uses the active form of the B Vitamins.
- **Ultra Omega-Linic** These pre formed long chained polyunsaturated omega 6 and omega 3 essential fatty acids increase HDL, decrease inflammation, and decrease platelet stickiness. In addition, it reduces C-Reactive protein (CRP)
- **Ultra 4x6 Probiotic** Most people have been on anti biotic medications which destroy the good as well as the bad bacteria in the GUT. In addition, GMO foods negatively impact GUT organisms. Our probiotic is critically important to proper GUT function that these 'friendly' bacteria be replaced.
- **Ultra Magnesium Chelate** Magnesium has been useful in the treatment of cardiac arrhythmias and many other cardiac conditions that are helped by stronger contraction of heart muscle. It helps hypertension and intermittent claudication because of its ability to dilate blood vessels. It has a calming effect and helps with the control of anxiety.
- **Fiber** decreases bowel transit time so less bile acids are reabsorbed. Choose foods are rich in fiber.
- **Milk Thistle** can be added if it is felt that additional support of the liver is necessary or if there is active liver disease. Milk Thistle alters the outer cell membrane of the hepatocyte preventing the penetration of toxins into the cell. It also stimulates the regeneration of the hepatocytes by stimulating the action of nucleolar polymerase. It is a powerful antioxidant.
- **Ultra-CoQ10 100** Use 1 or 2 per day if the patient is taking any of the statin drugs. Go to a high dose if the patient is in congestive heart failure. (300 to 400 mg).

*These statements have not been evaluated by the FDA.  
Products are not intended to diagnose, treat, cure or mitigate any disease.*



Phone: 888 953 5553

[www.nutritionpureandsimple.com](http://www.nutritionpureandsimple.com)