

## All About Natural Health

Brought to you by  
Brian Adamson

### Simple steps to improving your health - Naturally

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## Cholesterol. The truth.

Cholesterol is one of the most maligned substances in history (with the possible exception of plutonium, which didn't ask to be made into bombs! :0)

What is abundantly clear, though, to those who are willing to look with anything more than a fleeting glance at official statistics is that cholesterol is not the "axis of evil" it has been made out to be by the medical, and more importantly, the hydrogenated oil establishment.

Cholesterol is a naturally-occurring fat which is fundamentally required for good health. It is the precursor to both the male hormone testosterone and the female hormone oestrogen, which cannot be made without it. In addition, it performs other vital functions in the body, but more of that later.

Contrary to popular belief, in most people, the levels of cholesterol found in the blood have little or nothing to do with fats consumed in the diet. Cholesterol is manufactured in the liver in the amounts required by the body to perform its various functions. It therefore follows that either reducing the amount of fat in the diet or taking pills to reduce cholesterol is absolutely pointless.

The main reason cited for the desirability of reducing blood cholesterol is the massive increase in ischemic heart disease (IHD) seen during the 20th century. IHD, the main consequence of which is angina and myocardial infarction (MI) was virtually unknown at the beginning of the 1900s. In fact, one well-known Doctor who practised for many years from the mid-1920's is quoted as saying that he didn't see a single case of MI for the first **7 years** of his practice.

Subsequent examination of those who died of MI showed that their arteries had been "clogged up" with fatty deposits that were high in cholesterol. The connection between cholesterol and IHD was made and that was that. Ever since, Doctors have been trying to invent ways to reduce blood cholesterol levels, but have not stopped to consider why they were elevated in the first place! If they had, they might have been surprised. In order to explain, we need to examine the physiology of blood vessels, particularly arteries.

### **Construction of arteries**

Arteries are the large, elastic blood vessels which carry blood away from the heart, both to the lungs (deoxygenated blood) and to the rest of the body (oxygenated blood). They are composed of three layers, whose names are not relevant to this discussion, but which, in varying degree are made up of various structural components, the most important of which is collagen - a soft, pliable, elastic substance, which allows the artery to stretch and contract under the control of muscle systems.

Like all other cells in the body, the artery cells are constantly under attack from **free radicals** and other cell-damaging forces and are in a continual state of replacement and repair. As a consequence, they need a constant supply of new collagen to replace the damaged cells, so as not to "spring a leak". Collagen is, itself, constructed of a number of components, not least Vitamin C.

When there is insufficient **Vitamin C** in the body, new collagen cannot be formed to repair the damaged artery cells. This causes a problem for the body, which does not plan for future problems, but is only interested in surviving the "here and now". It

therefore has to find something else to repair the damage and uses what could be referred to as the body's "band-aid", namely cholesterol. Molecules of cholesterol actually bind to the damaged sites, preventing blood loss and its disastrous consequences.

### **ischemic Heart Disease**

As time goes on, this process repeats itself (in the absence of Vitamin C) and gradually the arteries become clogged with cholesterol "bandages", restricting the blood flow until something blocks the remaining space, causing ischemia (lack of blood flow) and infarction (cell-death due to oxygen "starvation").

Hence **cholesterol is a *sign* of a problem, not the *cause* of the problem - and the problem is vitamin C**, or, more specifically, lack of it! this led the only man who has ever won two Nobel prizes, scientist Dr Linus Pauling to suggest that heart disease was in fact chronic scurvy and could be treated with vitamin C. Pauling was ridiculed by the medical establishment, which clung to it's shoddy science and **did nothing to test his hypothesis**. Incidentally, the symptoms of acute scurvy (that is a **total** lack of vitamin C) are.....leaky blood vessels, leading to massive hemorrhage!

Others were not so ignorant.

### **Treatment of IHD**

Pauling and his colleague, Dr Matthias Rath, spent many years examining this situation. They found that the problem of IHD (and high cholesterol) was one that was specific to a very small group of mammals, man included, and the one thing that these animals had in common, which differed from ALL other animals was that **they could not make their own vitamin C. EVERY single other animal in the whole planet makes its own vitamin C in the liver. Man and the other few animals which suffer from IHD do not!**

The result is known as **chelation therapy** - the **only known method of reversing IHD**, and one that is almost totally ignored by modern medicine in favour of drugs which do nothing but **control the symptoms** of the problem.

Others have suggested that, if the problem is a chronic lack of vitamin C, perhaps ischemic heart disease can be prevented by increasing vitamin C consumption. The only practical method of doing this is by supplementation, and adherents take anything from 3g (3,000mg) to 12g (12,000mg) of Vitamin C per day - hundreds of times the "recommended daily allowance" used by most Governments of 90mg/day..

The answer of the medical establishment was somewhat different. they decided the best thing to be would be to invent **cholesterol-lowering drugs** to reduce the amount of cholesterol circulating in the blood. According to the physiology above, **this will have disastrous effects**, as the body will not be able to perform its normal healing processes. Scientific studies are now showing that **cholesterol-lowering drugs have serious long-term effects** which bear out this hypothesis.

### **What should you do if you have "high-cholesterol"**

The decision is yours.

Ask your Doctor about **chelation therapy** or "**Pauling therapy**". Bear in mind that during his 7 years training, it is likely your physician has had no more than 1 or maybe 2 HOURS of training on nutrition is it any wonder w are so reliant on pharmaceuticals?

For a medical view on the **dangers of cholesterol-lowering drugs**, visit **Dr Mercola's** website.

**If you plan to increase your vitamin C intake**, inform your Doctor and make sure you read the section on **Vitamins** to ensure you know which **minerals** and **trace elements** are necessary to absorb vitamin C.

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## **What are Healthy Cholesterol levels and [lowering your cholesterol levels](#)?**

Healthy cholesterol levels are the difference between life and death. You must reduce your cholesterol level to healthy cholesterol levels. A high cholesterol level means you will have a heart attack.

Cholesterol fact, or cholesterol fiction?

The answer is both simple and complex! Simple, in that cholesterol levels themselves are not the problem. Complex, because high cholesterol levels signify a different problem (albeit an easy one to resolve).

### **What are healthy [cholesterol](#) levels?**

Simply put, when your doctor measures your cholesterol level, he discovers how much of the varying types of [cholesterol](#) are circulating in your blood. As your doctor would have you believe, healthy cholesterol levels are low and unhealthy cholesterol levels are high - because that's what he's paid to tell you!

Regardless of the amount of cholesterol in your diet, your liver will make however high or low a cholesterol level your body needs, period. High cholesterol diet or low cholesterol diet, your [cholesterol levels](#) will be the same - why? Check out our [cholesterol](#) page for full details.

Put simply, it doesn't matter whether your diet is high in cholesterol or low in cholesterol - cholesterol is so important to your body that it can, and does make your cholesterol levels exactly what it needs them to be, so, for YOU, your cholesterol levels are healthy cholesterol levels - everything else considered.

### **Does it matter that you don't have healthy cholesterol levels"?**

Of course it does, but not for the reasons you think. Un-Healthy cholesterol levels signify that you are deficient in **Vitamin C**, which is used to repair the continual damage to your arteries. If you can't fix them, the body needs to do something else to ensure un-healthy cholesterol levels show that your body is using its "reserve" repair material instead of its first choice, nothing more, nothing less.

As explained on our [cholesterol](#) page, the issue is not your high cholesterol levels, it is your dietary lack of **Vitamin C** that causes high [cholesterol levels](#), so stop worrying about your [high cholesterol diet](#) and cholesterol levels and start worrying about your **Vitamin C** intake!

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Put simply, it doesn't matter whether your diet is high in cholesterol or low in cholesterol - cholesterol is so important to your body that it can, and does make your cholesterol levels exactly what it needs them to be.

#### Does it matter that you have "high cholesterol levels"?

Of course it does, but not for the reasons you think. High cholesterol levels signify that you are deficient in [Vitamin C](#), which is used to repair the continual damage to your arteries. If you can't fix them, the body needs to do something else and high cholesterol levels show that your body is using its "reserve" repair material instead of its first choice, nothing more, nothing less.

As explained on our [cholesterol](#) page, the issue is not your high cholesterol levels, it is your dietary lack of [vitamin C](#) that causes high [cholesterol levels](#), so stop worrying about your [high cholesterol diet](#) and cholesterol levels and start worrying about your [vitamin C](#) intake!

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### The high cholesterol diet and lowering your cholesterol levels?

You have been told that you have a high cholesterol diet, and that lowering your [cholesterol levels](#) is important, so what is a proper diet for high cholesterol, in fact, what is a high cholesterol diet?

In fact, these are two very different questions, but both have similar answers.

#### **What is a high cholesterol diet?**

First of all, there is no such thing as a high cholesterol diet. Yes, you heard that correctly, THERE IS NO SUCH THING AS A HIGH CHOLESTEROL DIET!

Regardless of the amount of cholesterol in your diet, your liver will make however much cholesterol your body needs, period. High cholesterol diet or low cholesterol diet, your [cholesterol levels](#) will be the same - why? Check out our [cholesterol](#) page for full details.

Put simply, it doesn't matter whether your diet is high in cholesterol or low in cholesterol - cholesterol is so important to your body that it can, and does make as much AND ONLY AS MUCH CHOLESTEROL AS IT NEEDS.

#### **Does it matter that you have a "high cholesterol diet"?**

In a word, NO, a high cholesterol diet is irrelevant - as long as you are properly nourished, have enough **Vitamin C** in your system and sufficient **antioxidants** included in your high cholesterol diet.

As explained on our [cholesterol](#) page, the issue is not your high cholesterol diet, it is your dietary lack of **Vitamin C** that causes high [cholesterol levels](#), so stop worrying about your high cholesterol diet and cholesterol levels and start worrying about your **Vitamin C** intake!

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## High cholesterol symptoms

Many people have been told that they have high cholesterol (hypercholesterolemia), many more think they have high [cholesterol](#), but are not sure what it is or how to measure it. We are frequently asked if there is a specific high cholesterol symptom or collection of high cholesterol symptoms that will help people identify if they have a problem or are likely to have a problem with hypercholesterolemia.

This is somewhat of a difficult question, not least because high cholesterol is itself a symptom of another problem - namely **Vitamin C** deficiency (chronic scurvy), as identified by twice Nobel laureate, Linus Pauling in the 1970s. As a result, the symptoms you would expect to be associated with hypercholesterolemia as actually the symptoms of chronic scurvy, namely leaky blood vessels, and desperate attempts by the body to block those leaks, usually with its most easily available filler - cholesterol!

Now, you may think scurvy is a thing of the past, and, in its acute form, which killed huge amounts of sailors and those who used to travel by sea, it is. However, along with many other nutrients, such as the other **vitamins** and **minerals**, **essential fatty acids** and **trace elements**, the diet of most people (and especially the North American diet) in the Western World is so nutritionally deficient that chronic diseases that never used to exist are killing more and more people every year.

### How can the Western diet be nutritionally deficient today, resulting in high cholesterol symptoms?

This is simple question of supply and demand.

The body DEMANDS nutrients - energy, minerals, vitamins, phytonutrients, essential fatty acids etc.

If the SUPPLY of these nutrients is lower than the DEMAND, something has to give. The body up whatever stores it has (if any), then, selectively starts shutting down body processes in order of the least critical to life threatening until it can restock on the missing supplies.

The result of this imbalance is DISEASE, and high cholesterol and its symptoms are nothing except a direct sign that the body is deficient in a specific nutrient - Vitamin C.

### High Cholesterol Symptoms or high cholesterol IS the symptom?

The long and short of all this is that, rather than worrying about the symptoms of hypercholesterolemia, we should focus on the CAUSE of high cholesterol. Once this balance shifts and we begin to remove the cause, high cholesterol and its "symptoms" will become a thing of the past.

The "symptoms" that people with "high-cholesterol" experience then, are the effects on the body of many such repairs and related effects. Blocked arteries,

resultant organ and tissue damage (e.g. angina, heart attacks, strokes, aneurysms, peripheral vascular disease etc.), liver problems (the liver is where the body makes the cholesterol it needs) and many others. What must be remembered is that these are not "symptoms" at all, they are merely the SIGNS that there is a problem, and that problem is not cholesterol itself, but the fact that the body needs extra cholesterol to sort out other problems.

If you have been told that you have a [high cholesterol diet](#), and that lowering your [cholesterol levels](#) is important, you need to consider WHO is telling you this and what their motivation is (consciously or not - remember **who teaches doctors!**). Rather than taking dangerous drugs to lower your cholesterol, it would be much better to remove the cause of the problem - the effects, namely the "symptoms" will then clear up by themselves without providing a horrendous profit for the **greedy pharmaceuticals industry**.

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## Low Cholesterol foods - diet necessity or diet nonsense?

Low cholesterol foods are all the rage. Virtually every newspaper, magazine, even TV ads trumpet the latest "low-fat", "low-cholesterol" or "cholesterol lowering" yoghurt, spread or even chocolate! These low cholesterol foods must be good news, mustn't it? Well yes, of course....if you buy the "cholesterol kills you" propaganda from the food and pharmaceutical industries.

[Cholesterol](#) is an essential component of thousands of body processes, not least the majority of hormones, especially the sex hormones. Without cholesterol, these body processes would not be able to take place properly and the body would fall into disrepair (otherwise known as disease).

Consequently, low cholesterol foods and foods that lower cholesterol may actually have a detrimental effect on many body processes. Blindly using chemicals (because that is what is in these "foods") to lower cholesterol disregards the actual CAUSE of the problem (for an in-depth report, see [cholesterol](#)) which will almost invariably correct itself if the [cause of high cholesterol](#) is removed.

### What are low cholesterol foods?

Some low cholesterol foods are simply foods that have had their cholesterol removed. Whilst totally unnatural, these are probably the least unhealthy low cholesterol foods. Other low cholesterol foods have had their healthy, natural fats replaced with unhealthy, unnatural and downright dangerous plastics known as [hydrogenated vegetable oils](#), which are high in [trans-fats](#). These are highly dangerous chemicals that are implicated in many fat-related diseases.

A third group of "low cholesterol foods" (or claimed "cholesterol *lowering* foods") have appeared in recent years which give similar cause for concern. Many manufacturers have recently released products that are not only low in cholesterol (which is, of course utterly irrelevant) but which act chemically in the body to reduce [cholesterol levels](#) still further.

This is not good news for a body that has raised its cholesterol levels - a perfectly natural and healthy thing for it to do - the body does not increase [cholesterol levels](#) for the fun of it - the cholesterol levels are tightly controlled by the liver and the amount of cholesterol in the blood is totally unrelated to the amount of cholesterol in the diet (see [cholesterol](#)). As a consequence **low cholesterol foods are a complete nonsense** and may do more harm than good.

Do yourself a favour, find out more about cholesterol, what it is, what it does and avoid low cholesterol foods completely!

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# Lowering your Cholesterol - why should you, how can you and what is cholesterol lowering?

You have been told to lower your cholesterol levels is important, so how do you lower cholesterol and more importantly, why should you try to lower your cholesterol levels?.

Remember that cholesterol is an essential component of thousands of body processes, not least the majority of hormones, especially the sex hormones. Without cholesterol, the processes that rely on those hormones would grind to a halt, because the lower your cholesterol the less cholesterol is available for chemical transformation. Unfortunately, cholesterol has been the subject of much speculation, poor research, vested interests and many, many advertising dollars, with the result that most people believe that you need to lower your cholesterol.

Unfortunately, it is not as simple as "lower your cholesterol", we have to understand the principles behind cholesterol lowering and the important factor - who stands to gain when you lower your cholesterol?

In our review of [cholesterol](#), we have shown that the science behind cholesterol lowering is fundamentally flawed and that, if you are like most people, you do not need to lower your cholesterol. Why? Simple, your cholesterol isn't the problem in the first place.

**Levels of cholesterol in blood have nothing to do with fat in the diet - almost!** So why are so many people telling you to lower your cholesterol? Simply, we have been duped by those who want to make a fast buck, namely the doctors, pharmaceutical companies and vegetable oil manufacturers who spread the lie that you need to lower your cholesterol.

Contrary to popular belief, in most people, the levels of cholesterol found in the blood have little or nothing to do with fats consumed in the diet. Cholesterol is manufactured in the liver in the amounts required by the body to perform its various functions. It therefore follows that either reducing the amount of fat in the diet or **taking pills to lower your cholesterol is absolutely pointless.**

### **Is it really important to lower your cholesterol?**

Having accepted that cholesterol does not CAUSE heart disease, but is merely a symptom, you could be excused for not deciding to lower your cholesterol at all. Even if you do, it would be much more productive (and almost certainly better for you in the long run) to remove the CAUSE of the problem by giving your body adequate nutrition including all of the essential nutrients that it requires to function properly.

Once you have done this, it is highly likely that the body will begin to repair itself, including undoing the damage done to arteries and organs. Beware however, this damage has usually occurred over many years and will not disappear overnight!

With a proper **nutritional regime** and healthy lifestyle, the liver will cease to make all the extra cholesterol and your levels will normalise gradually towards normal.

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## Heart Disease

Although heart disease takes many forms, we are concerned here with ischemic heart disease (IHD) in its various guises.

Ischemia (lack of oxygen due to low blood flow), causes many problems, from angina to Myocardial Infarction (MI, Heart Attack) and strokes to gangrene. What is clear is that none of these consequences are pleasant and most are life-threatening.

All cells in our body require oxygen and glucose to survive. When the supply of these vital nutrients is cut off (or severely reduced, so that the cell can't function properly), two things happen. First of all, the cell goes into "survival mode", reducing its activities so that it conserves what little oxygen and glucose it has. Some cells may be able to last longer than others in this mode. However, few, if any cells will be able to carry out their normal functions under these conditions and most will start to malfunction.

Once the internal stores of oxygen and glucose are used up, the cell can no longer survive and dies (called necrosis). This may not be too bad if we are talking about a hair follicle, but can be catastrophic if we are talking about, for example myocardial (or heart muscle) cells, as is the case with ischemic heart disease.

What is worse is that, these problems rarely affect single cells, they usually affect whole groups of cells, or even whole organs. Clearly, the bigger the area affected, the worse the consequences are likely to be. If the heart disease is severe enough to affect the whole heart, total necrosis results and the consequence is a massive heart attack, which is invariably fatal.

### **So what causes heart disease and what can we do about it?**

Perhaps one of the biggest scandals of the twentieth century is the way we have been led to believe that [cholesterol](#) causes heart disease. This fabrication, created by the propaganda machines of the food oil industry, was put together in the 1940's and 50's, when hydrogenation of vegetable oils was discovered and enabled the creation of butter replacements.

A market had to be found for these new-fangle margarines, and so the public and the medical fraternity alike were fed a bunkum story that saturated fat led to clogged arteries and therefore heart disease. The fact that we had been eating saturated fat (from butter, cheese, eggs and meat) for centuries, even millennia WITHOUT heart disease (which only appeared when margerines were introduced!) was deemed irrelevant and after the AHA, everyone else jumped on the bandwagon that has careered out of control for decades.

The truth is that **saturated fat PROTECTS against heart disease**, and artificial, chemically changed fats such as margerines are a leading CAUSE of heart disease. Unfortunatel, the researchers who have proved this time and time again are not only starved of research funding (by "health" organizations largely supported by the food oil industry), they are also prevented from publishing their results in the "prestigious" journals controlled by the same bodies!

### **So what is the real cause of heart disease?**

As we explain on our page about [cholesterol and heart disease](#), cholesterol is not

the CAUSE of heart disease, it is merely the SIGN of a bigger problem, namely nutritional deficiency, specifically of vitamin C.

What's that? Heart disease can't be caused by food, you say? Then why believe it is caused by cholesterol?

Simply put, we do not take in enough vitamin C these days to maintain our artery walls (vitamin C is the main component of collagen, from which arteries are constructed). To stop us from bleeding to death, the continual damage being done to our artery cells means they have to be repaired. However, if we can't make collagen (because we don't have enough vitamin C), we can't repair the holes.

Enter cholesterol. Cholesterol acts as the body's "band-aid", repairing the holes in the artery wall by sticking to the hole and blocking it. It is when this happens repeatedly that cholesterol build up in the artery, blocking it and leading to heart disease.

But saying that cholesterol causes heart disease is like saying liver spots cause old age - it is merely a sign that something else is going on!

So what about margerines? How are they involved?

Well, the [trans-fats](#) that are created when vegetable oils are [hydrogenated](#) are not like normal fats. Normal, CIS-fats are a curved molecule, which means that one side is "open" for the binding of enzymes required for many cell functions. However, due to their structure, trans-fats are flat, straight molecules, that the enzyme can't bind to.

Normally, this might not be such a bad thing, but when these fats are taken up by cells, such as the artery cells, and used in the cell-wall structure, this means that these cells can't respond to the enzymes they normally would, as the enzymes can't bind to them - this is a VERY bad situation and causes all sorts of cell dysfunction.

In addition to this, the trans fats, instead of being supple and strong, are brittle and weak. this means that where cells have used these fats in their structure, the cells are weak and can easily be pushed aside, ruptured or stetched, like a balloon.

When this happens in an artery cell, and it is stretched by the high-pressure blood flowing in the artery, the cell stretches and eventually ruptures, leading to yet-more of the damage that cholesterol must repair, and eventually various forms of heart disease.

It is for this simple reason that margerines are known to be directly related to heart disease, and why everyone, but especially those with heart disease should **AVOID MARGERINE AND ALL HYDROGENATED VEGETABLE OILS.**

For more information on this and other heart disease related issues, read **[Conquering heart disease using natural methods](#)**, by Dr F Group.

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## **Cholesterol and heart disease.**

The link between cholesterol and heart disease is beyond doubt - or so medicine would have us believe. What is abundantly clear, though, to those who are willing to look with anything more than a fleeting glance at official statistics is that cholesterol is not the "axis of evil" it has been made out to be by the medical, and more importantly, the hydrogenated oil establishment (who created the whole argument in the first place).

Cholesterol is a naturally-occurring fat which is fundamentally required for good health. It is the precursor to both the male hormone testosterone and the female hormone oestrogen, which cannot be made without it. In addition, it performs other vital functions in the body, but more of that later.

Contrary to popular belief, in most people, the levels of cholesterol found in the blood have little or nothing to do with fats consumed in the diet. Cholesterol is manufactured in the liver in the amounts required by the body to perform its various functions. It therefore follows that either reducing the amount of fat in the diet or taking pills to reduce cholesterol is absolutely pointless.

The main reason cited for the desirability of reducing blood cholesterol is the massive increase in ischemic heart disease (IHD) seen during the 20th century. IHD, the main consequence of which is angina and myocardial infarction (MI) was virtually unknown at the beginning of the 1900s. In fact, one well-known Doctor who practised for many years from the mid-1920's is quoted as saying that he didn't see a single case of MI for the first **7 years** of his practice.

Subsequent examination of those who died of MI showed that their arteries had been "clogged up" with fatty deposits that were high in cholesterol. The connection between cholesterol and IHD was made and that was that. Ever since, Doctors have been trying to invent ways to reduce blood cholesterol levels, but have not stopped to consider why they were elevated in the first place! If they had, they might have been surprised. In order to explain, we need to examine the physiology of blood vessels, particularly arteries.

### **Construction of arteries**

Arteries are the large, elastic blood vessels which carry blood away from the heart, both to the lungs (deoxygenated blood) and to the rest of the body (oxygenated blood). They are composed of three layers, whose names are not relevant to this discussion, but which, in varying degree are made up of various structural components, the most important of which is collagen - a soft, pliable, elastic substance, which allows the artery to stretch and contract under the control of muscle systems.

Like all other cells in the body, the artery cells are constantly under attack from **free radicals** and other cell-damaging forces and are in a continual state of replacement and repair. As a consequence, they need a constant supply of new collagen to replace the damaged cells, so as not to "spring a leak". Collagen is, itself, constructed of a number of components, not least Vitamin C.

When there is insufficient Vitamin C in the body, new collagen cannot be formed to repair the damaged artery cells. This causes a problem for the body, which does not plan for future problems, but is only interested in surviving the "here and now". It therefore has to find something else to repair the damage and uses what could be referred to as the body's "band-aid", namely cholesterol. Molecules of

cholesterol actually bind to the damaged sites, preventing blood loss and its disastrous consequences.

### **ischemic Heart Disease**

As time goes on, this process repeats itself (in the absence of Vitamin C) and gradually the arteries become clogged, restricting the blood flow until something blocks the remaining space, causing ischemia (lack of blood flow) and infarction (cell-death due to oxygen "starvation").

Hence **cholesterol is a sign of a problem, not the cause of the problem - and the problem is vitamin C**, or, more specifically, lack of it! this led the only man who has ever won two Nobel prizes, scientist Dr Linus Pauling to suggest that heart disease was in fact chronic scurvy and could be treated with vitamin C. Pauling was ridiculed by the medical establishment, which clung to it's shoddy science and **did nothing to test his hypothesis**. Incidentally, the symptoms of acute scurvy (that is a **total** lack of vitamin C) are.....leaky blood vessels, leading to massive hemorrhage!

Others were not so ignorant.

### **So what of cholesterol and heart disease?**

Pauling and his colleague, Dr Matthias Rath, spent many years examining this situation. They found that the problem of IHD was one that was specific to a very small group of mammals, man included, and the one thing that these animals had in common, which differed from ALL other animals was that **they could not make their own vitamin C. EVERY single other animal in the whole planet makes its own vitamin C in the liver. Man and the other few animals which suffer from IHD do not!**

The result is known as **chelation therapy** - the **only known method of reversing IHD**, and one that is almost totally ignored by modern medicine in favour of drugs which do nothing but **control the symptoms** of the problem.

Others have suggested that, if the problem is a chronic lack of vitamin C, perhaps ischemic heart disease can be prevented by increasing vitamin C consumption. The only practical method of doing this is by supplementation, and adherents take anything from 3g (3,000mg) to 12g (12,000mg) of Vitamin C per day - hundreds of times the "recommended daily allowance" used by most Governments of 90mg/day (which, as with most RDA's, is a waste of effort - you may as well do nothing).

The answer of the medical establishment was somewhat different. they decided the best thing to be would be to invent **cholesterol-lowering drugs** to reduce the amount of cholesterol circulating in the blood. According to the physiology above, **this will have disastrous effects**, as the body will not be able to perform its normal healing processes. Scientific studies are now showing that **cholesterol-lowering drugs have serious long-term effects** which bear out this hypothesis.

### **What should you do if you have "high-cholesterol"**

The decision is yours.

Ask your Doctor about **chelation therapy** or "**Pauling therapy**". Bear in mind that during his 7 years training, it is likely your physician has had no more than 1 or maybe 2 HOURS of training on nutrition, compared to hundreds or even thousands on drug therapy. Is it any wonder we are so reliant on pharmaceuticals?

**If you plan to increase your vitamin C intake**, inform your Doctor and make sure you read the section on **Vitamins** to ensure you know which **minerals** and **trace elements** are necessary to absorb vitamin C.

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### **Fats - nature's way of preparing for hard times and the source of the biggest myth in medicine**

Vegetable oil, lard, butter, olive oil, cholesterol and many others too numerous to mention - fats are with us all day, every day - or so it seems. So what are they, what is their purpose and how do they affect health?

Think of fat and you almost invariably think of being overweight and low-fat diets. Fats, however, are an essential part of the diet and the oft-missed fact is that **most of us aren't eating enough of them!**

Is this too good to be true? Actually no, it isn't. The simple answer is that in the average Western diet, we consume too little fat overall, but actually the wrong types of fat - and before you think "here we go again", modern medicine has got it completely wrong - what most of us need is more natural and saturated fat and LESS of the synthetic plastics known as hydrogenated vegetable oils or trans-fatty acids. But, we're getting ahead of ourselves - first things first: -

#### **What are fats?**

Fats (or more correctly, fatty acids) are an essential part of the diet. Contrary to much of what we seem to hear, they are not confined to meat and animal products, but are also present in virtually all seeds, nuts and many plants themselves - think of olive oil for an example.

The way in which we refer to fats often belies their true functions - cholesterol, for example is not only the essential ingredient for both male and female hormones, it also has important healing functions. Other fats, such as the [essential fatty acids](#) DHA and EPA are fundamental to brain and nerve function.

#### **What do they do in the body?**

The simple answer to this is - lots of different things. The way we traditionally think of body fat is the adipose tissue we gain when we eat too much or eat the wrong things (the second is **much** more important than the first).

More properly known as "adipose tissue", this type of fat is the body's way of storing excess energy, so that it can be retrieved later. This process is very efficient and is regulated in the liver by the presence of various hormones, but is largely controlled by insulin, the hormone that regulates blood glucose levels.

In fact, the reason the body decides to store fat is usually that it has all the carbohydrates (sugars) it needs for its energy supplies and as a consequence, it converts the extra to fat and, at the same time prevents the "burning" of stored fat for fuel. (for more about this, see the chapter on [insulin resistance](#)).

However, as already mentioned there are numerous types of fats. Some of the most commonly mentioned are listed below, click on each link for more information: -

#### [Cholesterol](#)

Public enemy number one. Or is it - find out why cholesterol is not the baddie it has been made out to be and **why you need it!**

#### [Essential fatty acids](#)

Otherwise known as "brain food", these fats can't be made in the body and **must be in the diet**. Unfortunately, in many cases they are **almost toally missing**, leading to numerous health (and psychiatric / social) problems.

#### [Saturated animal fat](#)

Red meat, dair products, lard dripping and suet - a recipe for disease or the means to prevent it?

#### [Vegetable oils](#)

All oils are not created equal. Find out why some vegetable oils are better than others.

#### [Hydrogenated oils](#) (unsaturated or poly-unsaturated fats)

**Margarine**, shortening and other "low-cholesterol" fats. Find out why these have caused **more damage to health** than any other type of oils or fats.

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## Essential Fatty Acids (EFAs)

Fatty acids are the building blocks of fats in the same way as **amino acids** are the building blocks of proteins. Many can be manufactured in the body from other fatty acids and by the conversion of sugar in the liver.

Those that can't and therefore must be provided in the diet are called "*essential fatty acids*".

Essential fatty acids are divided into two groups, namely **Omega-3 and Omega-6**. All essential fatty acids are naturally polyunsaturated, and the 3 or 6 in the name tells you that the first double bond on the molecule is 3 or 6 carbons from the end. Think of them as gasoline and engine oil - your car will not run on only one of them without something going VERY wrong!

Essential fatty acids that **MUST** be included in the diet include the following:

Linoleic acid (LA) (**omega-6**)

Arachidonic acid (AA) (**omega-6**)

Gamma linolenic acid (GLA) (**omega-6**)

Dihomogamma linolenic acid (DGLA) (**omega-6**)

Alpha linolenic acid (LNA or ALA) (**omega-3**)

Eicosapentenoic acid (EPA) (**omega-3**)

Docosahexanoic acid (DHA) (**omega-3**)

Whilst the Omega-6 essential fatty acids are abundant in all sorts of vegetable oils and meats, the omega-3's are much harder to come by. They can be found in oily fish (salmon, mackerel, trout) as well as some seeds and nuts, including walnuts, flax seeds and pumpkin seeds. Unfortunately, however, most of us are not including enough of these items in our diet - if we are including any at all!

A recent study discovered that, in the USA, **25% of adults tested had so little Omega-3 essential fatty acids in their blood that they were undetectable.**

Hang on, 25 percent of the population in the country with the biggest incidence of **depression, other psychiatric "illness", aggression, murder and childhood "behavioural issues"** have absolutely **NONE** of the fat which makes up **50% of the brain** and covers *every* nerve fibre - could there be a correlation here?

You bet there is!

**Lack of Omega-3 essential fatty acids have been directly linked to ALL of the above**, as well as birth weight of babies, low gestational age at birth (prematurity), incidence of Ischemic heart disease and longevity.

What is worse is that lack of these essential fatty acids in your blood strongly suggests that you are eating the [wrong kind of fats](#), as well as omitting the right ones.

What can you do about it.

Firstly, you can try to add into your diet the foods that contain Omega-3 essential fatty acids, listed above, to which can be added **grass-fed beef** (grain-fed beef has NO omega-3 content). In doing this, bear in mind that some Governments, such as the UK are now recommending that you **eat no more than 200g of sea-fish a week**, due to the levels of the toxins **dioxin** and mercury in fish, especially fish livers, where toxins concentrate.

Secondly, and this goes for most people, you should add a **high-quality omega-3 supplement** to your diet. Be sure that the fish oil used to produce it is from sources that **filter out all the toxins** (we only know of one manufacturer that uses this expensive process, but charges no more for their oil than others), is **PURE Omega-3** and is **not diluted with other oils**, e.g. vegetable oils.

### **Essential qualities of Omega-3 essential Fatty acids**

- Make sure it is **PURE** Omega-3
- Check it is **undiluted**
- Ask if **dioxin** has been removed

### **Pregnancy warning.**

By the time most mothers come to term, their bodies are **completely exhausted** of the Omega-3 essential fatty acids DHA and EPA, which are the **main building blocks of the baby's brain and nerves**. For a healthy baby, and to help prevent premature birth you **MUST** include these **supplements** in your diet, taking note of the required qualities above.

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## Omega-3 Fatty Acid

**Eicosapentenoic acid (EPA)**, is an Omega-3 fatty acid, and is found in large amounts in brain nerve and is also the main component used to manufacture hormone-like Series 3 eicosanoids (formerly called 'series 3 prostaglandins'). These compounds are extremely important to correct immune system function and cannot be made if insufficient EPA is available.

Whilst the Omega-6 fatty acids are abundant in all sorts of vegetable oils and meats, the omega-3's (including EPA) are much harder to come by. They can be found in oily fish (salmon, mackerel, trout) as well as some seeds and nuts, including walnuts, flax seeds and pumpkin seeds. Unfortunately, however, most of us are not including enough of these items in our diet - if we are including any at all!

A recent study discovered that, in the USA, 25% of adults tested had so little Omega-3 fatty acid in their blood that it was undetectable, i.e. there was **none** present.

Hang on, 25 percent of the population in the country with the biggest incidence of **depression, other psychiatric "illness", aggression, murder and childhood "behavioural issues"** have absolutely **NONE** of the fat which makes up **50% of the brain** and covers *every* nerve fibre - could there be a correlation here?

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**On 16th June 2004, the BBC Six O'clock news ran an item about Omega3 fatty acid and it's role in mental health.**

The story told about the work of Professor Michael Crawford and how "recent discoveries" show that omega3 is important for proper brain and nerve function.

Using billingsgate fish market as a backdrop, the reporter interviewed Professor Crawford about these "stunning breakthroughs" and the effects this "discovery" would have on nutrition, mental health and brain function.

#### **Comment**

**We first saw Professor Crawford discuss omega3 and its role in brain function, especially in children and babies around 8 years ago!** Back then, he was (as he is now, and as WE are) a staunch supporter of [omega3 supplementation](#) during pregnancy - something the rest of his medical colleagues probably wouldn't even think about. Indeed, friends of ours have recently been told by GPs that is is unsafe to supplement ANYTHING during pregnancy, showing their complete ignorance of maternal nutrition.

As stated by Professor Crawford, Omega3 deficiency has been linked to everything from birthweight of babies and prevention of premature birth to depression, aggression and rates of heart disease and other mental illnesses.

This is not surprising. As we have been telling you for some time, omega3 is one of the main components of brains cells. Without it, they cannot function properly, as situation many have come to regard as "disease" or "mental illness". The simple fact is that omega3 is one of the most important nutrients for brain, nerve and mental health.

Simply put, if you don't feed your brain, you can't expect it to work properly.

Supplements such as **body guard** or **Omega3 EPA** are not only easy to obtain, they are one of the simplest an most effective ways of delivering high-quality, bio-active omega3 to your system, ensuring your brain and nerves can function to their full capacity.

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### **Saturated fats. The cause of heart disease or the answer to the problem?**

Saturated fats, in the form of red meat have been with us since time immemorial. They have been a part of the human diet ever since we have been on the planet.

ischemic Heart Disease (IHD) on the other hand, has only been around since the 1940s or so (and is still increasing sharply) which, funnily enough, was when hydrogenated vegetable oils were introduced - coincidence? Not in the least.

After starting his medical career in the 1920s, Dr Weston Price, a leading proponent of natural nutrition, did not see his first case of IHD for 7 years. Nowadays, IHD is so common that it is the leading cause of death in the Western World and is, therefore, one of the main subjects at medical school, although it has been recognised as a problem for less than 100 years.

In that time, societies all around the World have been persuaded (falsely) that saturated fat from red meat was responsible, and as a consequence a massive, thriving market has been built for vegetable oils, particularly [hydrogenated vegetable oils](#), which are touted as being "safer" than their natural, saturated counterparts.

The truth is somewhat different.

**Not suprisingly, the concept of the "dangers" of saturated fat were first pointed out by the vegetable oil industry**, which had created [hydrogenated fats](#) in the 30s and 40s in an effort to stabilise their products to enable shipping over long distances. Other results of this action were the solidification of these oils, enabling them to be suggested as replacements for butter and animal fats such as lard, which had been in use for centuries, if not millenia.

Soon afterwards, a noticeable change in public health took place. IHD, which was virtually unheard of before the introduction of these oils appeared and was increasing at a alarming rate. Cancer, hitherto a rare condition affecting less than 1 in 50 individuals also began to increase (it now affects more than 1 in 3 people).

Incredibly, the vegetable oil industry was allowed to point the finger of blame at the old-fashioned saturated fats.

### **Immediately alarm bells rung.**

Dr Ancel Keys reported that he believed that [hydrogenated vegetable oils](#) with their [trans fatty acid](#) components were responsible for the sudden and significant increase in [ischemic heart disease](#) over the previous decade. The response was predictable - the oil manufacturers buried the research and began the false attack on animal fats.

More recently in 1978, Dr Mary Enig, a clinical nutritionist at the University of Maryland discovered that, contrary to all the hype, the **increased cancer rates were directly associated with total fat intake and vegetable fat intake but *not with consumption of animal fat***. Dr Enig has since spent the last 25 years warning of the dangers of [trans fats](#) and the relative safety of animal fats.

Predictably, the bulk of modern medicine has ignored, even ridiculed these (and

other, corroborating) findings without considering the evidence. Until such entrenched, foolish and, frankly, ignorant attitudes can be altered (don't hold your breath), the myths regarding the "dangers" of saturated fat and [cholesterol](#) will continue to be rehashed and repeated, despite the overwhelming evidence to the contrary.

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## **Vegetable oil. Friend or foe?**

Much has been written about the benefits of replacing animal fats in the diet with vegetable oil and vegetable-derived fats. There are, however, many types of vegetable oil and they are not all as natural or safe as you might think.

Think of vegetable oil and the likelihood is that you probably think either of olive oil (especially if you are a European) or the corn oil and sunflower oil commonly used for making french fries. Whilst it is true that both come from plants, they are VERY different products with massively different health effects.

### **What are vegetable oils?**

We use vegetable oils all the time, but very few vegetables would be considered as "oily" (with the possible exception of olives and avocados). What, then are vegetable oils and where do they come from?

Actually, "vegetable oil" is the name usually given to any oil product derived from a plant of any description, be it fruit, vegetable or anything else. Some oils, such as olive oil, are derived from the fruits of the plant. Others, like sunflower oil or peanut oil are pressed from the seeds. Still others, such as herb oils are usually extracted from the leaves or roots, often using steam or another heat source to aid the process.

Some oils, such as those extracted from herbs and plant roots are thought by many to have direct medical effects. Usually these oils are very potent and are used in minute quantities, diluted with other oils or lotions, as in aromatherapy. Such, **essential oils** are also the basis for virtually all of the fragrances and perfumes widely available.

In more general terms though, vegetable oils are the oils we use in the kitchen, whether it be as a component of salad dressing, the batter for cakes and pastries or the liquid we use for frying.

### **What are the health effects of vegetable oils?**

In general, we consider vegetable oils to be healthier than fats derived from animals. This is largely thanks to the efforts of commercial vegetable oil producers to link the modern problems of cancer and heart disease with animal fat (especially saturated fat) consumption.

The truth is somewhat different.

Pure vegetable oils, such as olive oil have been in use for thousand of years, and their benefits as part of a balanced diet are well understood. In fact, most vegetable oils are probably alright as part of a balanced diet and would certainly be unlikely to do any harm (except in excessive amounts) if it were not for the fact that they are chemically altered before they are used.

These oils now form a massive proportion of all the vegetable oils used worldwide, but particularly in the Western world and more especially North America. Whilst many liquid oils, such as sunflower oil are largely unadulterated, the solid forms of vegetable oils, such as **margarine, shortening and some liquid oils are chemically altered forms of the natural oils**, commonly known as

[hydrogenated vegetable oils](#).

Hydrogenation (explained [here](#)) changes these oils from their natural state to a dangerous, unnatural one which has major detrimental effects on health. If you are concerned in any way about the fat in your diet (and, as you are reading this, I suspect you are!) you **MUST** understand the effects that [hydrogenated oils](#) have on the human body.

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## When is a vegetable oil not a vegetable oil? When it's a plastic!

### Hydrogenated fats responsible for many diseases

The current hysteria regarding cholesterol stems from research done during the 1940s and 1950s by the manufacturers of the new margarines and "healthy" hydrogenated fats. The suggestion was that cholesterol (specifically Low-Density-Lipoprotein, or LDL-cholesterol) was responsible for heart disease, which was even then beginning to increase, due to the relatively high-fat diet enjoyed by most westerners.

This is not borne out by the facts.

1. Western diets had always contained a relatively high proportion of red meat. this was not a new phenomenon.
2. in 1978, **Dr Mary Enig** proved that **cancer rates** were directly related to consumption of vegetable oils (including hydrogenated fats) and total fat intake, but **NOT related to animal fat consumption**. This research is often ignored by the "cholesterol lobby", despite the fact that it has been confirmed by other researchers.
3. ischemic heart disease (IHD) was virtually unknown until the 1940s, when hydrogenated fats were introduced.
4. Little, if anything was done to examine the health effects of hydrogenated fats, which are entirely unknown in nature.
5. Hydrogenated fats are literally "plastics", which do not have the same properties as natural fats.
6. The dangers of [trans fats](#) were **recognised** as long ago as 1958, but the vegetable oil industry continues to bad-mouth safer, natural animal fats.

### What is Hydrogenation?

Hydrogenation is the chemical name for the addition of hydrogen to an existing molecule, usually an organic molecule which has a double-bond between two carbon atoms. That bond is broken and a hydrogen atom binds to each of the free bonds on adjacent carbon atoms.

$H_2C=CH_2$  becomes  $H_3C-CH_3$

This is achieved by forcing hydrogen, at high temperature (250-400C) and pressure into the liquid oil, usually in the presence of a catalyst such as nickel or platinum, over several hours. Unfortunately, the process can't control where the hydrogen atoms are added to the molecule, resulting in a mixture of totally unnatural fats, many of which are [trans fatty acids](#). Fatty acids are the "building blocks" of fats, in much the same way as amino acids are the building blocks of proteins. The resulting fats are totally unnatural hydrogenated fats.

The consequences of creating hydrogenated fats are:

- The melting point of the oil is raised, turning many previously liquid oils into solids.
- Shelf-life is increased, as the resulting oil is less susceptible to degrading over time (maybe bacteria have a difficult time eating it too!).
- All nutritional value in the original oil is lost.
- The texture of the resultant solid can be made to resemble that of natural, animal fats.

- The previously perfectly natural oil becomes a totally unnatural, dangerous, relatively undigestible "plastic".
- Tissues made with the "false" fat cannot function properly, as thousands of enzymes can't bind to them, giving rise to a host of disease states.

### **Why bother making hydrogenated fats?**

In fact, the prime reason for inventing these oils was that the producers (mostly in the USA, especially in the early days) needed them to survive the long transatlantic ship journey required to reach the markets in Europe. The driving force was, then, the increase in shelf-life which hydrogenation caused. Little or **no consideration was given to the health effects** of this major chemical alteration of the oil molecule.

In addition to this, hydrogenation allows the manufacturer to turn a liquid oil into something that resembles the totally natural food, butter in colour, texture, "mouth feel" and taste, whilst it is clearly something VERY different.

In doing so, natural oils are converted into **totally unnatural fats**, which not only had never existed before, but which have completely different effects on the body than their natural counterparts. Many of these compounds are so called "[trans fats](#)", many of which do not occur naturally and which are known to have serious health implications, not just in relation to heart disease, but also to cancer, diabetes, obesity, pregnancy and the function of the immune system.

In fact, the fact that these trans fats are straight molecule and not natural, curved ones leads to one of the simplest and most important deficiencies of trans fats - that the enzymes that control bodily function cannot bind to them and cell membranes made from them (for more information, [see the original research here](#)) . This means that these cells malfunction and that vital body processes are interrupted, causing many serious, chronic and degenerative diseases.

Despite this clear evidence from researchers concerned about the modern obsession with animal fats, hydrogenated fats are still used routinely by the food industry and are a major contributor to ill-health. Recently, some manufacturers have become so concerned about this issue that they have taken the extraordinary (for them) step of removing trans fats from all of their products. the [Mars company](#) is one such example.

In the USA, the FDA has ruled that nutritional information on foods must include the level of trans fats from 2006. in the meantime, they simply suggest that consumption of trans fats should be "as low as possible"!

The simple answer is to avoid hydrogenated fats and products that contain them whenever possible. For a list of foods that are most dangerous, see the chapter on [trans fats](#).

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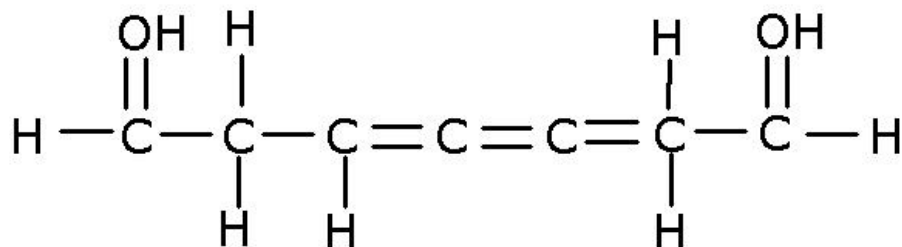
## Trans fats, the real culprit of western ill-health.

### Trans fats

Many of the random compounds created when oils are hydrogenated are so-called "trans fats" or, more correctly, trans-fatty acids. These are unnatural compounds, which are known to be detrimental to health. In order to understand why, we need to consider some of the chemistry involved. (not too much, I promise).

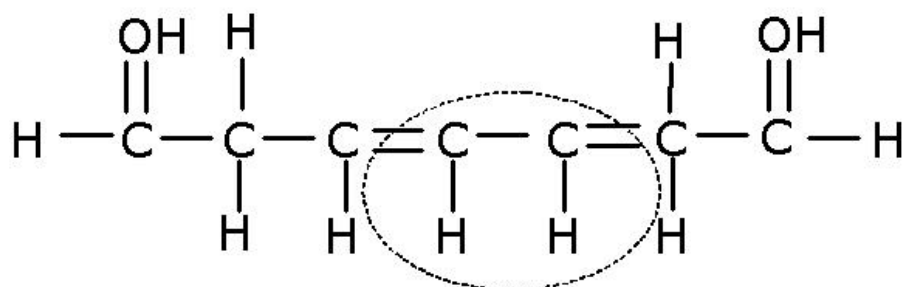
A natural, unsaturated fatty acid might look like the molecule below. It has several double-bonds between adjacent carbon atoms, which is what makes it "unsaturated". (saturated fats have no double bonds and all the "spaces" available are taken up by hydrogen atoms.

(These diagrams are simplified for easier understanding)



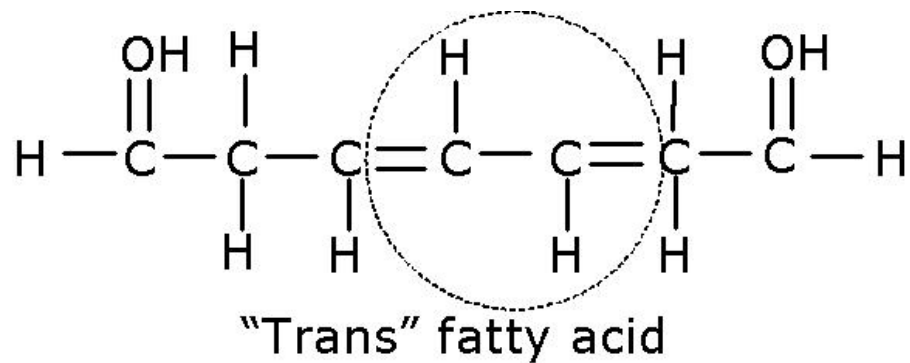
### Polyunsaturated fatty acid

When this oil is hydrogenated, it is not possible to control where the hydrogen atoms are added to the structure. If both hydrogen atoms are added to the same side of the structure, it is called a "Cis" fat. Cis fats exist naturally and, because the hydrogen atoms are crowded on one side of the molecule, they bend, allowing other chemicals and enzymes to bind to them.



### "Cis" fatty acid

If, however one hydrogen atom adds to one side of the structure and the other atom to the other side, it creates trans fats, like the one below. Trans fats do not exist naturally, with a very few exceptions. Because the structure is uncrowded, they do not bend and so other molecules and enzymes find it more difficult to bind to them. The shape of the molecule is therefore vital to its function, much in the same way as the shape of a key is important for the operation of a lock.



In fact, it is the very fact that they are straight that allows trans fats to solidify at room temperature. Natural, cis fats are curved and so can't pack into a crystal formation at normal temperatures. Trans fats, on the other hand, are straight and CAN pack into a crystal formation, which allows them to solidify at room temperature.

**The health implications of trans fats were recognised as early as 1958**, when Dr Ancel Keys reported that he believed that hydrogenated vegetable oils with their trans fats components were responsible for the sudden and significant increase in [ischemic heart disease](#) over the previous decade. The response was predictable - the oil manufacturers buried the research and began the false attack on animal fats.

More recently, University of Maryland researched Dr Mary Enig proved in 1978 that the **increased cancer rates were directly associated with total fat intake and vegetable fat intake** but not with consumption of animal fat. Dr Enig, who is a consultant clinician, specialising in nutrition has since spent the last 25 years warning of the dangers of trans fats and the relative safety of animal fats.

In fact, even the **Harvard School of Public Health** has issued a warning regarding the consumption of margarines, snack foods and other foods containing hydrogenated oils (and their trans fats), in favour of butter.

### **Recognition of the dangers of trans fats**

More recently, concern over the role of trans fats in disease has led a number of major food companies to remove these components from their products. This is probably a response to the recent FDA ruling that, as of 2006, all food labels must include the proportion of trans fats in addition to other fat content.

For now, a good guide is the amount of hydrogenated fat, and how high up the list of ingredients it is. The higher the listing, the more trans fat there is. If you want to be more specific, add up the listings of the other fats and take it away from the total fat content, the difference is usually all trans fats.

If this is too much, there are a few **simple rules** you can use to avoid trans fats. Firstly, avoid all products that list hydrogenated oil as an ingredient. Secondly, use only natural vegetable oil or animal-based fats (butter, ghee, lard, dripping) for cooking. If there is not a nutritional label on the food you buy, refer to the list below for products that are usually high in trans fats.

### **Foods that usually contain high levels of trans fats:**

- Pastries and cakes
- French fries (unless fried in lard / dripping)
- Doughnuts
- Cookies / biscuits
- Chocolate

Margarine  
Shortening  
Fried chicken  
Crackers  
Potato chips

**Naturally occurring trans fats have health *benefits*.**

Very occasionally, trans fats do occur in nature. The most commonly known is **conjugated linoleic acid** (CLA). Unlike its synthetic counterparts, CLA is known to have many health benefits, however, these benefits are not in any way shared with the synthetic trans fats produced during hydrogenation.

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## **Weight management foods. How to control weight permanently without constant dieting.**

### **Weight management foods.**

Weight control has been one of the major health concerns of the Western World for many years. Obesity in the UK is fast approaching approaching the chart-topping statistics of the USA and it's not just the adults that are getting bigger - child weight management is an increasing worry.

All this is happening despite the concentration on high carbohydrate, low fat, low protein diets which we are told are required for weight management. In fact, the rate of increase is accelerating, suggesting that this might not be the best way to control weight at all.

### **Macronutrients - Carbohydrate, protein & fat**

Everyone has heard of the concept of a "balanced diet" and most of this probably try, in at least some ways to achieve this. Unfortunately, there is no universal agreement on what the balance should be, and it is probable that the overemphasis on low-fat (a product of the [cholesterol myth](#)) is, at least in part, responsible.

In both the USA and UK, dieticians propose diets that get most of their energy from carbohydrates, although the proportions vary. The realities are somewhat different. In the UK the average diet gets about 44% of energy from fat, 15% from protein and 41% from carbohydrate. In the USA, the figures are 48% fat, and 26% each for protein and carbohydrates.

This as if the diets of the two countries are very high-fat, but when you consider that fat metabolism produces twice as much energy per gram as either carbohydrate or protein, fat content of the diet appears much lower.

**Clearly, the diets proposed by Government are not working.** What is needed is a simple, long-term solution, free from vested interests and dogma.

### **The difference between diet and dieting.**

Dieting, or the temporary change in what we eat in order to fulfil a specific objective over a given timeframe, has been the mainstay of weight control for so long that it is difficult to believe it will not continue indefinitely. Apart from the fact that many diets are unpalatable, restrictive, unpleasant or downright dangerous, those who follow a prescribed diet for a few days, weeks or months invariably return to their old habits again afterwards - that is human nature. **Diets don't work in the long term!**

**Returning to your previous diet means that you will return to your previous shape / size weight** - there is no getting away from it. The only way to overcome this, therefore, is to make a complete and permanent change to the things that you eat. This, in turn, can only be achieved if the food you are to eat is attractive, tasty, varied and enjoyable as well as being nutritious.

Thankfully, this is not hard to achieve, but before we propose the right way to achieve it, we must first consider what is that's wrong with the Western diet.

## Carbohydrate craziness.

For many years, dieticians and their ilk have insisted that the ideal diet is high in **carbohydrates**. Whilst, in general, most fruits and vegetables are (when grown on **soil that has not been depleted of its minerals** or chemically poisoned) both tasty and nutritious, most people don't think of these as carbohydrates and instead think of pasta, bread, potatoes and rice - commonly known as "**complex carbohydrates**".

As we have shown, these foods are high [glycaemic index](#) (GI) foods, meaning that they readily convert to blood sugar and stimulate the release of insulin, which **both stops fat metabolism and encourages fat storage**. This situation is made much worse in the absence of sufficient **chromium**, which helps insulin to encourage sugar uptake by the tissues, so reducing blood sugar. Lack of chromium is known to be one of the risk factors of developing **diabetes**.

**Note - the body is stimulated to store fat not by eating fat, but by eating high GI carbohydrates.** This is the principle contributor to obesity on both the USA and Britain, not least because many people rely these days on fast food and prepared meals, which not only contain [high GI](#) foods, but also sugar and [trans fats](#), which we will deal with next.

One of the best ways to counter this is to convert to a **low grain or no-grain diet**.

## Margarine kills - stick to butter!

In addition to eating the wrong type of carbohydrates, many people also eat not only too little fat, but the wrong kind of fat.

Fats derived from animals are not only completely natural, they have been part of our diet for millennia. Many of the "unsaturated" fats sold nowadays, however, have only been in existence for a few decades and are not natural at all. Top of this list are the [trans-fats](#) that are produced when making [hydrogenated vegetable oils](#).

These [trans-fats](#), created by the very people who started the [cholesterol myth](#), have been directly linked to both [heart disease](#) and **cancer**, which cannot be shown for animal fats. In fact, when proper **grass-fed meat** is consumed (**grass-fed meat** has different nutritional values), we gain many benefits other than just the protein and fat content, including vitamins, minerals and trace elements.

The fats most often missing from the diet are often the most important. In a recent study, over 25% of all Americans tested had so little omega-3 fatty acid in their blood that it was undetectable, despite the fact that this [essential fatty acid](#) is one of the main components of the brain and nerves among many other cellular functions.

## Conclusions

Those who eat a varied diet which is derived from low GI foods, fresh (preferably organic) fruits and vegetables, seeds and nuts, organically-reared meats and fish, natural fats and adequate dietary fibre, such as the **low grain diet**, will not only limit their susceptibility to disease, but will also have a much more enjoyable and active life.

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## **Glycemic Index - preventing obesity, diabetes and heart disease.**

The glycemic index (GI) of carbohydrates compares their ability to release glucose into the blood (and therefore stimulate insulin secretion) with that of an equivalent weight of pure glucose (glycemic index 100).

All carbohydrates increase blood sugar levels (and so have a glycemic index) and therefore cause insulin to be released from the pancreas in order to control the amount of glucose in the blood. The more glucose that has been made available in the blood, the more insulin is released to control it. The relative efficiency with which carbohydrates do this is known as the glycemic index.

The importance of the glycemic index is that it predicts how much insulin will be released and therefore, how the body will respond. For example metabolise fat (use it for fuel - low glycemic index) or store excess energy as fat (high glycemic index).

This happens in two ways.

Firstly, the presence of insulin (high glycemic index) instructs the liver that energy requirements are more than being met by current food intake, so the breakdown of fat to provide energy from body stores is unnecessary. **Therefore, insulin (and so high glycemic index) stops the body from burning fat for energy.**

Secondly, and at the same time, excess sugar in the blood is quickly targeted to be stored for later energy requirements and is converted to fat. **So, insulin ( and high glycemic index) also causes the body to store more fat.**

**If the blood sugar level remains high, i.e. with really high glycemic index foods, more insulin is released in an effort to reduce it.**

From these two very simple rules, it should be easy to see that any high glycemic index food that causes sudden increases in blood sugar and therefore massive release of insulin is likely to lead to increased fat production and storage.

Not surprisingly, therefore, people who eat a lot of sugary foods and other foods with a high glycemic index, such as refined flour, potatoes, white rice and cereal-based foods are **more likely to retain fat** than those that don't. Unfortunately, this is exactly what we are told to do by modern medicine and Government, who clearly have no idea about weight control. **For more information on how this affects those who are overweight and how to safely lose weight, [click here](#).**

The following table gives an indication of the relative glycemic index of various foods.

### **Glycemic index of popular foods**

<b>High glycemic index</b>	<b>Medium glycemic index</b>	<b>Low glycemic index</b>
Maltose (beer)*	Rye bread (crispbread)	Oatmeal porridge
Cooked parsnips	Muesli (no sugar)	Wholewheat pasta

Cooked carrots	Brown rice	Sweet potato
White Rice	Cooked beets	Dried Peas
Biscuits / cookies	Garden peas	Apples
Baked potato	Boiled potato	Pears
Cornflakes / cereal	Wholewheat bread	Whole milk
Bagels	Corn, polenta	Kidney beans
White Bread	Sultanas / raisins	Lentils
Corn chips	Orange juice	Soybeans
Mangoes	Oatmeal biscuits / cookies	High water content fruits (melon etc)
Ripe bananas	White pasta	Apple juice
Papaya	Buckwheat	black-eye peas
Rice cakes	Pinto beans	Green vegetables

\*the Glycemic index of Maltose is actually higher than that of glucose. i.e. malt and it's products (like beer) actually stimulate more insulin release than pure sugar!

What is clear from this table is that different varieties of similar foods have different effects. For example, boiled potatoes have a lower Glycemic index than baked potatoes and wholewheat varieties of bread and pasta are much better than their white counterparts. This effect on glycemic index is explained below.

The effect of eating high glycemic index foods consistently is to lead to constantly high insulin levels. In this situation, the body becomes accustomed to these high insulin levels and starts to respond to them less effectively over time. As high glycemic index foods are eaten further, this progresses, more and more insulin is required to have the same effect on the tissues. **This phenomenon is known as insulin resistance, and is the first step towards diabetes.**

The glycemic index situation is made worse if the body has insufficient **chromium**. Chromium helps insulin to exert its effect on the tissues, encouraging sugar uptake and thereby reducing blood sugar. **In the absence of chromium, insulin is much less effective**, sugar levels stay high and MORE insulin is secreted in an effort to control them

### The Good News

Thankfully, it is not all bad news. Whilst It is best to avoid foods with a high glycemic index, they often have direct alternatives with a moderate or even low glycemic index. This is because the insulin-stimulating effect of carbohydrates is greatly reduced in the presence of fibre, as found in some fruits and the wheatgerm present in whole wheat. This moderates the insulin response, spreading out the absorption of carbohydrate over a prolonged timespan and so reduces the amount of insulin released (lower glycemic index).

In addition, the use of **chromium** supplements makes insulin's job easier, helping reduce blood glucose (and therefore insulin) to normal levels.

In this way, the effect of brown rice and wholewheat alternatives to white flour products is much lower, and therefore much less detrimental to health. This is why it is best to **ALWAYS** use wholewheat / wholegrain versions of these foods, with a lower glycemic index.

### Glycemic Index, Insulin resistance and diabetes.

Whilst diabetes is discussed elsewhere on this site, it is worth touching here on the role of insulin resistance in the development of the disease.

**Diabetes** is the inability of the body to produce enough insulin to control blood sugar. As a consequence, those who suffer from diabetes suffer from a number of problems related to the massive spikes of sugar immediately following a meal and subsequent troughs in between meals, which, if unchecked can lead very quickly to coma and death.

It has long been known that frank diabetes is often, indeed usually preceded by a period of insulin resistance, in which, as described above, more and more insulin is released with each subsequent dose of high glycemic index carbohydrate in order to overcome the increasing insensitivity of the tissues to insulin's "demands".

Eventually, the body reaches a stage where, no matter how much insulin is produced, the tissues no longer respond and blood sugar remains unchecked. In such a situation, the pancreas can "give up" completely, and all insulin secretion may stop. Whether this happens or not, diabetes is the result, and huge doses of insulin are required to be injected to overcome the problem, regardless of glycemic index. Needless to say, the high insulin levels mean that many diabetics are overweight. This adds further stress to the system.

Prior to this "end stage" diabetes, there is much to be gained from limiting the intake of high (and even medium) Glycemic index foods (not just sugar, as advised by medicine) and taking an appropriate dose of **chromium** supplements to make the existing insulin more effective.

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We have packaged the whole Natural Health Information Centre site into an easy-to-use E-book so that you can refer to it as and when you want to without being online.

As we are continually updating the site (and therefore the book), it also comes with free updates as we add more information.

This is a MUST READ for anyone who is concerned about their health or the health of someone else. It will teach you:

- How to lose weight reliably and permanently
- How to avoid the hundreds of dangerous chemicals that most people expose themselves to every day, increasing their risk of cancer and other diseases
- Why modern medicine is failing to reduce the incidence of killer diseases (clue: it isn't even trying)
- What cholesterol REALLY is and why you shouldn't be scared of it
- The sure fire way to AVOID ischemic heart disease
- The principles of good nutrition and what each component does to keep you healthy
- Why the recent "SARS" outbreak was a complete red herring
- The simple way to prevent diabetes without taking drugs
- Why most people are eating too LITTLE fat - that's right, not enough!
- The truth behind the multi-billion "HIV/AIDS" industry that is preventing the "infected" from getting well.
- How you can prevent your nutritional supplements from getting banned by the authorities (a cynical move to stop you from preventing disease)
- The little-known fat that can minimize your risk of depression and psychiatric illness
- Why we are increasingly becoming overfed and under-nourished (this little gem was known about almost a hundred years ago!)
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## **Further reading**

[Know Your Fats](#) : The Complete Primer for Understanding the Nutrition of Fats, Oils and Cholesterol  
by Mary G. Enig

[The Cholesterol Myths](#) : Exposing the Fallacy that Saturated Fat and Cholesterol Cause Heart Disease  
by Uffe Ravnskov

[Fats That Heal, Fats That Kill](#): The Complete Guide to Fats, Oils, Cholesterol and Human Health  
by Udo Erasmus

[Choosing the Right Fats](#): For Vibrant Health, Weightloss, Energy, Vitality (Natural Health Guide)  
by Udo Erasmus

[The Omega-3 Connection](#): The Groundbreaking Antidepressant Diet and Brain Program  
by Andrew L. M.D. Stoll