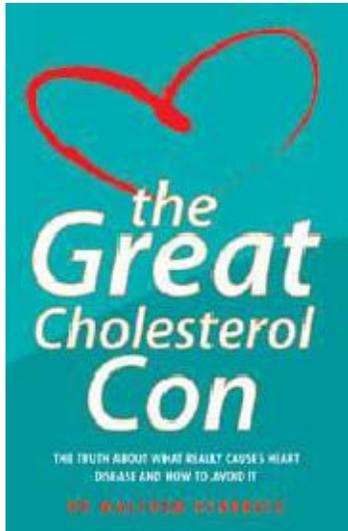


I can't believe it's not cholesterol

'Have you ever wondered why eggs contain so much cholesterol? It is because it takes one hell of a lot of cholesterol to make a chicken.'

(Dr Malcolm Kendrick, *[The Great Cholesterol Con](#)*)



The same applies to you. If your mother did not have sufficient cholesterol when you were conceived, you would not be here.

Cholesterol is one of the most important substances the body produces. It is manufactured in the liver and is needed by every single cell of the body – and brain cells in particular – every single second of the day. If your cholesterol levels drop, you begin to have organ failure, elastic tissue problems and memory loss as well as depression, and if the level drops too low, aggression, suicidal tendencies and, ultimately, death.

Ever since this cholesterol question came up, I have been investigating it psychically and have not been able to find any real answers. Margarine companies, doctors and some scientific papers all say cholesterol is bad, but when I have worked with my healing clients over this issue, I have never found a cholesterol-related problem in their bodies – even when they have a medical diagnosis of 'high cholesterol'.

If we put something toxic into the body, the body rejects it and excretes it. Substances produced by the body's internal chemistry are only what the body needs. In other words, the body does not poison itself. All symptoms of illness are controlled by the higher self and blood problems relate to the heart chakra (see my book [Everything You Always Wanted to Know About Your Body](#)). However, even heart chakra problems do not raise cholesterol levels, especially as you will not find cholesterol in the blood.

At long last, I have found a doctor who talks some sense on this issue – Dr Malcolm Kendrick, author of [The Great Cholesterol Con](#) – so this next section is a precis of what Dr Kendrick has to say.

If you go to a doctor for a cholesterol blood test, the result that you are given is not a measure of cholesterol. What the blood test measures is lipoproteins. There are four different types of lipoprotein, the two most well known being LDL and HDL. These initials stand for Low and High Density Lipoproteins.

We are constantly being told that HDL is good and LDL is bad whereas, in fact, both are vital for distributing the needed cholesterol around the body. Both types are cholesterol transporters – LDL collects cholesterol from

the liver and delivers it to every single cell that needs it. The cell then absorbs the whole LDL. If there is any cholesterol that is above the amount needed by the cell at any particular time, the HDL collects it and returns it to the liver for re-processing. This way, the liver only produces the exact amount of cholesterol the body needs at any given time.

Reducing your LDL levels actually causes major problems as the cells do not receive the cholesterol they require.

Where is fat, especially saturated fat, in all this?

Cholesterol is manufactured by an immensely complicated chemical process in the liver and nobody has been able to connect fat with this process. You can eat as much fat as you like, of almost any variety, and it will not affect either your cholesterol level or your LDL/ HDL levels.

All of the above are scientific, medical facts, borne out by a huge number of medical studies (for details see Dr Kendrick's book). The origins of the fat-cholesterol 'myth' lie in a very clever advertising campaign by margarine companies. The LDL/HDL 'myth' has been around for about 20 years, ever since the drug companies invented 'statin' drugs. This one drug-type currently gives the drug manufacturers annual sales of \$26 billion. Those are 26 billion incentives to create a good myth. The total cost of this one type of drug to the NHS runs to about £2 billion per year. The known side effects of statins are the ones listed above for reduced cholesterol levels.

Leaving aside Dr Kendrick, the main problem seems to be, according to a practice nurse I know, that doctors in the main do not read drug trial reports; they rely totally on the information supplied by the drug companies, who are trying to sell doctors their drugs. Needless to say, with these kinds of sales at stake, the drug companies will present trial result statistics in the best light.

For example, it is claimed that statins reduce LDL (the 'bad cholesterol') levels. This is true, but only by accident. Statins work by blocking the liver from producing as much cholesterol, and, with less cholesterol to distribute, fewer LDL's are needed and so the body does not manufacture them.

The types of fats that do cause problems in the body are 'trans fats', made by a process called 'hydrogenation'. These types of fats are totally unnatural as they do not exist in nature. Trans fats will only be found in fast foods, 'ready meals', some vegetable oils (labelled partially hydrogenated) and especially margarines.

It is complicated to explain but, essentially, vegetable fats are liquid at room temperature because of their molecular structure. By bombarding the molecules with hydrogen atoms, the oils solidify. When you eat trans fats, you also eat all of the spare hydrogen atoms that did not 'bond' with the oil molecules, and these un-paired atoms act as a dangerous form of free radicals. This is why trans fats are seen as 'dangerous' and why the Mayor of New York banned them last year. Saturated fats, on the other hand, provide the body with fat soluble vitamins which are vital to the body's health.

It's a confusing old world, isn't it?

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