



## MENU

# Cholesterol

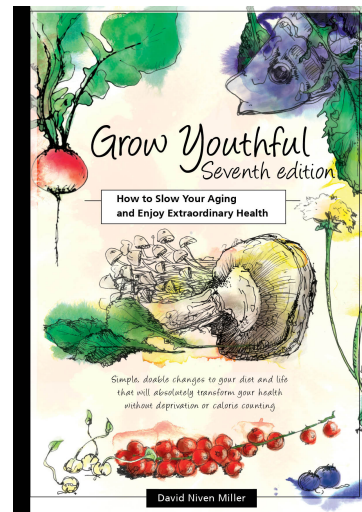
[What is cholesterol?](#)

[Cholesterol's health and healing properties](#)

[Symptoms of low cholesterol](#)

[Cholesterol sources](#)

[References](#)



## What is cholesterol?

Most animal cells can make cholesterol, but most cholesterol is made in the liver. Short chain and medium chain saturated fats are converted to ketones in the liver, and some of these ketones are used to make cholesterol. Ketones (not glucose) are also the preferred source of energy for virtually all cells in the body, including the brain.

A large part of a normal healthy human body consists of fats and cholesterol. Almost half of the walls of cells (cellular membranes) are made of cholesterol; saturated fats are another major component of all cells.

Cholesterol is one of the main healing agents in the body. When there is injury or inflammation, cholesterol is produced by the liver and sent to the site for repair work. LDL cholesterol is the form in which it is sent to do the healing at the point of

inflammation. After the healing is completed, it travels back to the liver as HDL cholesterol. Cholesterol is essential for the production of healthy new cells where they are needed for repair, replacement or growth. This is why cholesterol levels rise after any injury, surgery, dental work, any kind of inflammation, or a bacterial or viral attack. After the repair work is completed, the level of blood cholesterol will naturally go down again.

The medical and pharmaceutical industries push the myth that high levels of cholesterol are dangerous, and the cause of heart disease, arterial disease, strokes and other ailments. However, this is not correct, as plenty of research shows that high levels of cholesterol are not good predictors of heart disease, (1,2,3) the situation is just the opposite. (24) Most heart attacks and strokes occur in people who do not have elevated cholesterol. Blood cholesterol levels above 6 or 7 may sometimes indicate another health condition such as liver malfunction.

The motivation for this deception is to sell statin drugs such as Lipitor, Pravachol, Crestor and Zocor. These drugs have numerous serious nasty side-effects (4,13) such as muscle wastage, memory loss and amnesia, decreased brain function and increased risk of diabetes, and the reason for taking statins in the first place is misguided.

## **Cholesterol's health and healing properties**

Cholesterol is essential for good health and wellbeing.

- ✔ Healing of injuries, inflammation (17), infections, toxins.
- ✔ Immune system. Protection from infections. (6,7,8,17,18,19,20) Cholesterol is almost completely absent among prokaryotes (bacteria), and therefor acts as

an antibiotic. For example, a traditional remedy for tuberculosis (TB) and many other serious bacterial and viral infections is a mixture of cream and raw egg yolk, a rich source of cholesterol and saturated animal fats.

✔ Protection against cancer. (11,21)

✔ Antioxidant.

✔ Babies and children. A quarter of the cholesterol in a healthy body is found in the brain. Every cell in the brain and nervous system needs plenty of cholesterol, and if cholesterol is restricted the effects are catastrophic. The brain and eyes of a foetus will not develop properly.

Human breast milk is rich in cholesterol, and again the brain, eyes and developing nervous system of infants need it. A three decade study of 3,500 young adults in Brazil not only confirmed the short-term benefits of breastfeeding, but also confirmed the long-term consequences for human populations, showing that breastfed babies are more likely to turn into more intelligent (4 IQ points), well-educated and higher-earning adults. (23)

✔ Brain and nervous system. Cholesterol is the most abundant organic molecule in the brain and sufficient cholesterol is absolutely essential for proper brain function. (22) Low levels of cholesterol lead to depression, schizophrenia, emotional instability, excessive anger and numerous other neuropathies and psychological disorders. (24)

Cholesterol is a remedy for memory loss.

Low blood cholesterol is routinely recorded in criminals who have committed murder and other violent crimes. (5)

Supplementing with cholesterol and saturated fats reduces violent behaviour, in addition to suicides, aggressive behaviour

and depression. The massive campaign by pharmaceutical companies and industrial manufacturers of processed foods to reduce cholesterol may be responsible for much of the aggression in our society today. Oxford professor David Horrobin says: "reducing cholesterol on a large scale could lead to a general shift to more violent patterns of behaviour. Most of this increase in violence would not result in death but in more aggression at work and in the family, more child abuse, more wife-beating and generally more unhappiness." (9)

- ✔ The endocrine system (glands). Cholesterol and animal fats are needed to produce steroid hormones, particularly by the adrenal and sexual glands. Cholesterol is the precursor (building material) for pregnenolone which then becomes the precursor for testosterone, progesterone and various estrogen, androgen, aldosterone, DHEA and other corticosteroids. (24) **When you have sufficient cholesterol, your body is able to make pregnenolone and all the other steroid hormones it needs. There is no danger of overdose, which is a big problem from taking hormone supplements. Hormonal imbalance is more likely when you take hormone supplements, causing a variety of horrible ailments (especially from excess estrogen).** Progesterone is the safest and least problematic hormone to supplement, and the reason is that it is used as the precursor to make many other hormones.

These hormones are essential for many systems in the body - energy, digestion, brain and nervous function, growth, reproduction and immune system. Insufficient cholesterol leads to a wide range of ailments including infertility, aggression and other psychological

problems, and so many other problems that a natural high-cholesterol diet should be used as a first treatment for most of today's diseases.

- ✔ Cholesterol plays a vital role in the production of cellular energy; vitamin D; and bile acids for digestion.
- ✔ Longevity. Cholesterol is strongly associated with having a long and healthy life. (14,15,16,24)

## **Symptoms of low cholesterol**

Low levels of cholesterol lead to so many different ailments that it is difficult to connect the dots between the cause and the effect.

- ✘ Memory impairment, depression, emotional instability, excessive anger, schizophrenia and numerous other neuropathies and psychological disorders. (24)
- ✘ Children - impaired brain and nerve development, leading to a wide variety of developmental problems.
- ✘ Adrenal exhaustion.
- ✘ Infertility, reproductive problems. About one in three Western men and women are now infertile. Researchers have confirmed that women who eat high-fat dairy products and avoid low-fat dairy products are significantly more fertile. (10)
- ✘ Erectile dysfunction.
- ✘ Digestive problems. Poor absorption of fat-soluble vitamins such as A, D, E, K. Bile is made from cholesterol, and is required to emulsify and digest fats. Vitamin insufficiency, particularly vitamin D (leading to insulin resistance, heart

disease, mental problems, auto-immune diseases, arthritis, osteoporosis, cancer and more).

- ✘ Weak immune system. Cholesterol binds to toxins, particularly toxins produced by harmful bacteria such as *Staphylococcus*. Those with low cholesterol are prone to bacterial and viral infections.
- ✘ Cancer.
- ✘ Insufficient cholesterol leads to multiple sclerosis and many other neurological conditions. Foods high in cholesterol and animal fat are both a prevention and remedy for mental and psychological ailments such as amyotrophic lateral sclerosis (Lou Gehrig's disease) and many others. (12)

## **Cholesterol sources**

- ✔ Caviar and other fish eggs.
- ✔ Cod liver oil (must be fresh).
- ✔ Egg yolks. Must be fresh, preferably raw.
- ✔ Butter.
- ✔ Fish and seafood. Cold water fatty fish such as sardines, mackerel, salmon and shrimps are the best.
- ✔ Lard, tallow, duck fat and other animal fats.

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