



## CHOLESTEROL *is banting the culprit??*

If you still asking this question, then I suggest you get 'Googling' and educate yourself, update your knowledge on this topic before you lay blame at Banting's door. This concept is a disease to the Banting lifestyle, with Mr. and Mrs. Public walking around thinking they know it all. In a nutshell, research simply no longer supports this hypothesis. And I strongly suggest starting your own research with Gary Taube: Adiposity – an Alternative Hypothesis of Obesity, Then start asking your own questions. (<https://www.youtube.com/watch?v=IDneyrETR2o>)

Bottom line is, you actually need Cholesterol as the potent antioxidant that it is, however the problem lies in the inflammation of arteries, clogging the vessels limiting movement of fat cells. This is as a direct result of the traditional weight loss programs of 'Low Fat, High Carb' diets, eating too many Omega 6 fatty acids from seed oils and trans fats, both unstable and ultimately toxic. Thus, causing heart disease, strokes and much more.

Cholesterol is present in every cell of your body moving through the bloodstream, the majority of which being produced by your liver. Cholesterol is pivotal to the creation of cell membranes, hormones, Vit D3, acids aiding in fat digestion, and neurological function. As a waxy substance, it doesn't dissolve or dissipate, but is rather the carrier of Lipoproteins that move cholesterol through the vessels

There is LDL, low density Lipoproteins, and HDL, high density Lipoproteins, LDL responsible for moving cholesterol from the liver through the body to perform its bodily functions, and HDL, responsible for moving excess LDL out of the arteries and back to liver for later excretion.

It is the Low Density Lipoproteins that have a bad association, due to its contribution to plaque clogged arteries, however consider that plaque will only build on inflamed areas to start with ... but listen up, there is more and please concentrate ... there are 2 types of LDL: Small dense particles (Bad) and Large Fluffy particles (Good).

Small LDL particles come straight from low fat diets, ingesting high quantities of polyunsaturated oils, grains and sugar (obvious and hidden carbs and sugars in processed foods and seemingly healthy foods, unstable oils – like olive oil when heated & seed oils). They are small and oxidize easily, with the ability to move through the artery walls causing the plaque and thus clogging blood vessels.

Large LDL particles are the watchdogs for damaged arteries. Big and soft, they move through the blood stream easily looking for inflammation, sealing and healing lesions allowing cholesterol to move freely through the vessels once again.

**REMEBER: Carbs = Fat = Sugar**

Basically, fat is turned into triglycerides and carbs into glycogen, as transporters for your fat to navigate freely throughout your blood stream, entering your muscles and liver, with insulin released from the pancreas to then transform into the fuel you need to live ... breathe ... Excess fat and carbs, however, send your body into overdrive, creating too many triglycerides from these excess calories, releasing too much insulin, allowing minimal movement of the triglycerides and glycogen through the fat cells and thus the arteries. Cut the glucose (Carbs, Fat and Sugar) and you cut triglycerides, cut triglycerides and you minimize the creation of inflammation and weight gain.

Carbs slow things down everywhere, you can't help it, it's your body's natural response. Knowledge is power. Increase healthy saturated fats, and you keep the Large LDL, happy and healthy and big.

Be forewarned and understand, your body must adjust to a completely new fuel source, and you MIGHT experience elevated LDL, but this is referring to the BIG and not the small ones. This is good. Your HDL will also increase, effectively removing excess Lipoproteins, and Triglycerides will drop, thus creating a vastly improved balance between Triglycerides, High Density Lipoproteins and Cholesterol. This can happen very quickly for some, but in others who are extremely insulin resistant, you need to be a little bit more patient, and in the full knowledge you are on the right track.

With all this in mind and your brain thoroughly mixed up, consider that saturated fats (animal derivatives and stable seed oils) do not cause rising cholesterol and in turn Cholesterol does not clog arteries.

This is a massive topic, with complexities beyond physics and biology, inconclusive and incomplete research, jumping onto convenient results, delving into economic and political conspiracies. If you still in doubt, just read the label on the statin medications you religiously take to keep your body 'safe'. Then ask yourself how safe are you?

#### **Statin dangers include:**

- **Nerve damage, polyneuropathy**
- **Dizziness**
- **Depression**
- **Muscle pain and weakness**
- **Cognitive impairment**
- **Eye damage**
- **Diabetes and Heart disease**
- **Memory loss and Alzheimer's**
- **Parkinson's and cancer**
- **Depressed Immunity**
- **Liver function problems**

*Do not discontinue without doctor's supervision!*

*This is just to open your eyes and start asking the right questions*