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High Cholesterol – The # 2 Largest
Medical Myth

Be Smart - Be Informed

The following information being presented is sobering and honest, AND MOST OF YOU WILL NEVER HEAR ANY OF THIS FROM YOUR DOCTOR. Rather, you will be treated and sent on your way with another new drug(s). Well, I am here to say that you can change that. Now here's the real scoop about "High Cholesterol".

Good Cholesterol Drugs Worse Than Just a Failure.

The newest angioplasty – like scandal is the development of "good" HDL cholesterol drugs. These are designed to increase your levels of good cholesterol. There are even companies synthesizing HDL cholesterol to infuse into your body. This is supposed to cure or help heart disease. This might be a good idea if cholesterol had anything at all to do with heart disease in the first place.

But it does not, that's right you heard me right. So the results are a dismal failure. The drugs, touted as being 10,000 times more potent than current cholesterol treatments, failed to help people, and harmed almost everyone. When HDL was boosted, there were just as many heart attacks, increases in plaque, and deaths. In fact, all heart disease markers head in the wrong direction. If that doesn't prove that cholesterol has nothing to do with heart disease, I don't know what does.

But facts won't make much of a difference. The treatment of symptoms will continue unabated, regardless of their failure, uselessness, and dangers. People will be harmed, and no one will holler. Well, I'm here to tell you that I will. And meanwhile, the underlying cause of heart disease- NUTRITIONAL DEFICIENCIES- will continue seething, roiling, and killing people. Nutritional deficiencies were completely ignored by heart disease "EXPERTS". There's just not enough money in it.

Prescription Drugs

Today there are more prescription drugs, and there are more powerful drugs, than at anytime before, and even if we could eliminate statins and antacids, there are still hundreds of drugs- that can cause all types of problems (side-effects). Heart, Cholesterol, and Blood Pressure drugs are famous for inducing what I like to call "CARDIAC INVALIDISM". This is the state in which an older

patient stumbles around like a zombie – incapable of clear thinking , and with almost total loss of stability and independence. It is not unusual for older American citizens to take many of these drugs simultaneously, often prescribed by many different doctors.

These drugs interact with one another, making their side- effects worse and more powerful. In my years of practice, I have found it not uncommon for a patient to be taking up to as many as 20 different types of drugs. And scientists and pharmacists agree that once past the third prescription, no expert in the world can predict the complicated and interrelated side- effects- that will follow, many of which affect the brain.

Cholesterol – Lowering (Statins) Drugs

“If your cholesterol is below 150, you may be at risk for dementia, memory loss, hormonal imbalance, and possibly even feminization(forman) with a fat gut, lack of endurance, hot flashes, loss of sex drive, and more.” This situation never ceases to amaze me. An older man (or women), obviously exhibiting signs of dementia or Alzheimer’s goes to his doctor. This patient also demonstrates profound leg weakness. Lab tests are then ordered and no obvious reasons for these problems are discovered. The only thing “abnormal” is a total cholesterol reading of 265 lets say. All this is pretty common, and the doctor ends the examination with no real explanations or answers, so then a prescription for Lipitor is then written for the patient.

There are several problems with this scenario. First, it clearly shows that we still, too often, have no real answers about the causes of Alzheimer’s or even leg weakness. But more important, this scenario (repeated millions of times annually) clearly again shows the brain washing of American Physicians(Allopaths).

Lipitor is often the cause of the leg weakness. Yet, it is still prescribed anyway. In people over age 75, a 265 cholesterol is normal. And statistically the higher the total cholesterol in this age group, the longer they live. Yet Lipitor is prescribed anyway, why?

In people over 75, even with truly high cholesterol, statin drugs like lipitor, offer little to no increased longevity, yet it is prescribed anyway, why? And most dangerous of all, lower cholesterol can cause dementia. Even to the Archives of Neurology(64:103,2007), “a decline in serum total cholesterol levels may be associated with early stages in the development of dementia.” You guessed it. And yet LIPITOR is prescribed once again anyway, WHY?

Let’s face it. Doctor’s are not out to get you. They truly want to help. But too many, too few physicians have yet to wake up to the fact that most of medical science is manipulated by the drug companies. In this case, the “science” and “scientific articles” backed by pharmaceutical companies are actually believed by most doctors; NOW THAT’S REALLY SCARY!

Lowering cholesterol is a moneymaking scam with no basis in science. It has nothing to do with heart disease again. But it does make billions of dollars for drug companies.

The “science” behind it all is shameful. The same thing is true about the low-fat diet. I have said this over and over for years. But given the critical and exalted diagnostic significance most cardiologists and physicians give cholesterol, I can understand your dilemma. To learn about more of Dr. Weston’s personnel opinions and their center please look at the rest of their information on their website: www.naturalcaredoctor.com

Get a copy of the book by Anthony Colpo for proof of the cholesterol scam. It is entitled THE GREAT CHOLESTEROL CON. If you want still more proof you have to get a copy of the big “CHOLESTEROL MYTH”, CHECK OUT JUST ABOUT ANYTHING REGARDING HEART, CHOLESTEROL, LOW-FAT, OR HIGH- BLOOD PRESSURE by Malcolm Kendrick also very informative. He also has a good book called “THE GREAT CHOLESTEROL LIE”: THE TRUTH ABOUT WHAT REALLY CAUSES HEART DISEASE AND HOW TO AVOID IT. –STILL WANT MORE---?

But I must warn you- only read these authors and my newsletter articles if you want facts and not afraid of the truth.

CHECK OUT : www.askapatient.com , click onRateYourMedicine, and type in Lipitor, or other drugs.

It’s amazing! Hard to believe! Remarkable!

This simply shows that once the pharmaceutical industry – induced cholesterol – phobia

(the unwarranted fear of cholesterol) took hold, all power of reason among patient’s disappeared. And the real facts make the whole thing even more unbelievable. Given the garbage put out by the pharmaceutical and medical industries, these kinds of facts are shocking.

Low Cholesterol is Dangerous

Low cholesterol, especially in older people, correlates with an increase risk of death. People suffering from diseases like Aids, Chronic Fatigue, and Cancers very often have very low cholesterol readings. It is now indisputable that for those people approaching old age – 75 years and older – low cholesterol is a very , very bad finding. This seems unbelievable because doctor’s(Allopaths), even at these later ages still continue to try to lower cholesterol with drugs. If lowered cholesterol in older ages carries a higher risk of death, doesn’t it make sense that the earlier you can start on drug – therapy to lower cholesterol, the higher your risk of death would be? My experience definitely shows this, but the

Honolulu Heart Program study truly makes it clear. Published in August 2001 Issue of The Lancet , Vol.358, No.#9279, this quote from the program really sums it up:

Our data accord with previous findings of increased mortality in elderly people with low serum cholesterol, and shows that long term persistence of low cholesterol actually increases the risk of death.

If you are sick, keep your cholesterol up , normal cholesterol levels run around 150 to 250, but thanks to the pharmaceutical push, doctor's are trying to get cholesterol down around 80 to 130 – a dangerous proposition for sure. It is at values around 100 or lower that people with serious deteriorating diseases and cancers succumb If you have cancer or any other serious infectious disease, you need to check your cholesterol levels. IF IT IS BELOW 130 YOU ARE IN TROUBLE. If you are taking statin drugs and your cholesterol is this low, ask your primary to stop this prescription A.S.A.P.! Your Life May Depend On It.

Cholesterol is Essential

And remember, when sick you are under stress, and stress hormones are made from cholesterol. Also, your brain is made of large quantities of cholesterol.

If Your Cholesterol is Naturally Low

If your cholesterol is critically low and always has been – without drugs – this is another situation altogether. I have to imagine that low- cholesterol is genetically normal for some people. But having said this, when I see a patient with cholesterol below 130, I take notice. While there may be know apparent problem or disease, the possibility of pre-mature death is certainly real. If this is you, make sure there isn't undiagnosed liver disease; blood tests can usually make this determination. Make sure also you are not doing regular fasts, severe and repeated detox programs, too many bowel cleanses, juice diets, taking too many herbs, avoiding meats, and living only on sprouts, grains, fruits, seeds, and vegetables. These kind of habits combined with low cholesterol can lead to what's known as "Wasting " diseases.

Physicians Accountability

Today well- meaning doctor's are forcing cholesterol levels to extreme lows by inhibiting the livers ability to produce this much – needed substance. This may help to prevent a few heart attacks, although even this is a subject of controversy.

By starting people towards cholesterol levels below 130 earlier and earlier, one must ask just how many thousands of cases of cancer, other diseases, and deaths are being caused.

I hope this information will assist you in discussing these issues and facts with your doctor.

Dr. F. James Weston, N.D., Ph. D.