

Scandalous Lies About Cholesterol

Cholesterol is absolutely not unhealthy, but essential.

Decreased blood-cholesterol level causes depressions and sleeplessness, as a warning signal.

The only bad cholesterol is cholesterol that has been oxidized due to the influence of heat. Overcooking your food kills enzymes. To prevent vascular diseases, consume as little overcooked food or prepared food in general.

Essential Cholesterol 10 to 20% of the brain is composed of cholesterol. Therefore it is absolutely not true that a low cholesterol level is healthier. Like it isn't true that a low blood-glucose level is healthier. Both a low glucose and a low cholesterol level are proof that your body lacks nutrients.

When cholesterol level is low, you will get ill sooner. (1)

When cholesterol level is low, it is bad for the liver and the brain. (2)

Adequate cholesterol is so essential that your body warns you with depressions if your cholesterol level is too low. The lower the cholesterol level, the deeper the depression (and the more aggressive). (3) Numerous scientific investigations have shown that the cholesterol level was clearly lower in people who attempted or succeeded in committing suicide. (4)

Serotonin makes you happy. (Prozac is based on the action of serotonin) Cholesterol-products like progesterone, estradiol and testosterone increase serotonin-receptor activity (17) ; a low cholesterol level therefore decreases serotonin-receptor activity. (16)

Because it is that important, the body itself

produces most of the required cholesterol. Would that be the case if cholesterol was unhealthy ?

Of course not. You can say nature is cruel or whatever, but no one can say nature is illogical.

If you consume lots of cholesterol, the body just produces and also (re-)absorbs less; One purpose of cholesterol for example, is to be transformed into bile acids, to decompose consumed fats. After digestion these bile acids are re-transformed into cholesterol, *dependent on the need for cholesterol.*

Logically, it is not a problem at all to consume cholesterol from live whole foods, unless..... much **damaged** cholesterol is absorbed.

Damaged Cholesterol is usually caused by over heating, cholesterol in food and becomes oxidized.

Through oxidation, the cholesterol molecules gain or lose atoms, originating new cholesterol-like molecules. Due to the influence of heat, approximately 30% of cholesterol oxidizes into **oxy-cholesterols**. About 6% of oxy-cholesterol is absorbed into the body. (20)

Due to heat cholesterol oxidizes into new molecules like 7keto-cholesterol, 7beta-cholesterol, 5beta, 6beta-epoxycholesterol and 5alpha, 6alpha-epoxycholesterol. (20)

Unnatural oxy-cholesterols impair cell-membrane permeability, the functioning of LDL-receptors (causing hypercholesteremia), division of cholesterol among different cell-types, the synthesis of prostaglandin, and cause arteriosclerosis. (13) Excessive 7keto-Cholesterol-, 4alpha- and / or 7beta-hydroxycholesterol can cause vascular diseases (21).

Cholesterol Synthesis

Oxy-cholesterols also originate in the cholesterol-bile acids cycle, but these *natural* oxy-cholesterols do inhibit synthesis of cholesterol by the body, to maintain the ideal cholesterol level. Oxy-cholesterols in over cooked and/or prepared food, however, are mostly "strange" oxy-cholesterols, and are not 'recognized' by the body. Therefore, most oxy-cholesterols from this type of food do not inhibit cholesterol synthesis, increasing cholesterol level. **(6)**

Natural oxy-cholesterols, like 24,25(S)-Epoxy cholesterol and 24(S)-Hydroxycholesterol, inhibit production of cholesterol (through mavanate = pro-cholesterol) **(22)**

Decomposition of Cholesterol The combined level of natural (oxy-) cholesterol and unnatural oxy-cholesterols can be further increased by unnatural oxy-cholesterols blocking transformation of cholesterol into bile acids. **(7)** And most unnatural oxy-cholesterols cannot be transformed into bile acids at all.

Because unnatural oxy-cholesterols cause accumulation of (oxy-) cholesterols, there logically is much damaged cholesterol **(8)** and -fats **(9)** in arteriosclerotic plaque. Some of these directly harm arteries. **(10)**

The transformation of cholesterol into bile acids is regulated through LXRalpha- and LXRbeta-receptors in the liver, which are influenced by oxy-cholesterols like 22(R)-Hydroxycholesterol, 24(S)-Hydroxycholesterol and 24(S), 25-Epoxycholesterol. **(23)** 7beta-hydroxycholesterol and 3,5cholestane-7-dione strongly inhibit the transformation of cholesterol into bile acids. **(7)**

The LXR-receptors regulate 7alpha-hydroxylase- syntheses. This enzyme adds a hydrogen- and an oxygen-atom to cholesterol, originating 7alpha-hydroxycholesterol. Subsequently more substitutions take place where

most unnatural oxy-cholesterols are damaged, blocking further adequate transformations, and causing accumulation of cholesterol and oxy-cholesterols. Crystallized cholesterol / oxy-cholesterols become bile stones.

Next through 7alpha-hydroxycholesterol, cholesterols are also transformed into bile acids through 27-hydroxycholesterol and 3beta-hydroxy-5-cholestenonic acid. **(24)** These transformations also require undamaged cholesterol.

Therefore, absorbing oxy-cholesterols from prepared food can cause cancer. (13)

Fighting Oxy-cholesterols Increased cholesterol level, nor vascular diseases, nor cancer is caused by cholesterol.

Lowering *cholesterol* level is therefore as clever as cutting down all forests to prevent fires.

The only way to prevent oxy-cholesterols from causing diseases is to reduce the intake of oxy-cholesterols.

Foods containing most oxy-cholesterols are cholesterol-containing foods that have been over heated and / or frozen a number of times ; *products* containing eggs **(14)**, but especially -dried egg, -cheese and -milk powder, and meat products. **(15)**

Therefore consume sufficient vegetable, herbs, fruits, and sprouted nuts containing vitamin C, E and β -carotene, which prevent cholesterol-oxidation inside the body. Do not take vitamin supplements.

Deceit

Why are there so many 'misunderstandings' about cholesterol ?

Because you can make big bucks by scaring people. Billions of dollars have been made by selling 'cholesterol-level-lowering' drugs and -margarines, and expensive HDL/LDL-

assessments to scared people.

This deceit becomes even more malicious knowing that diet products in particular contain harmful trans-fatty acids and 'cholesterol-lowering drugs' can cause severe 'side-effects', and not just because the body is deprived of essential cholesterol.

Sources

Abstracts of most sources can be found at the National Library of Medicine

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