

# THE TRUTH ABOUT HEART DISEASE AND DIET

- Do you think having high cholesterol puts you at risk of heart attacks and strokes?
- Do you think low fat diets are good for you?

Well it's time to think again.

High cholesterol levels and animal fat consumption are unlikely to put you at risk of heart disease. In the Framingham study in Massachusetts it was found the more saturated fat and cholesterol one ate the lower ones blood cholesterol levels became.

In another trial 120 overweight people were put onto two diets for six months. One group ate a low fat diet and the other group ate as much meat and eggs as they could; in fact almost 70% of their diet was from fat. After six months the group eating the high fat diet had lower blood fats and their good cholesterol, H.D.L. (high density lipids) were higher. The high fat dieters also lost twice as much weight. Low fat diets are just bad for you.

Many hormones are built out of fats. Natural cortisone levels made in the adrenal glands are lowered and people feel stressed. Reproductive hormone levels go awry. Fats control communication in both the nervous systems and through cell membranes. Low fat diets cause depression and fatigue.

People with the highest cholesterol live the longest. A Yale university study showed older people with low cholesterol had twice the heart attacks as those with high cholesterol.

People in Northern India eat 17 times the animal fat of Southern Indians, yet Southern Indians have 7 times as many heart attacks.

A century ago heart disease was rare. The German chemist, Wilhelm Normann, patented the hydrogenation of vegetable oils in 1902. In 1911 Procter and Gamble in the U.S. put Crisco (hydrogenated cottonseed oil) on the market. Margarine and vegetable shortenings were invented.

The rise of heart disease follows the rise of hydrogenated oils.

Hydrogenation stimulated whaling as whale oil could be eaten for the first time en masse.

The Lancet, 1994, printed a new study on the plaques found in the arteries of people who had died of heart disease.

The blocked arteries had almost no cholesterol in them, almost no saturated animal fats but were blocked by Transfats and Polyunsaturated fats. Vegetable oils chemically changed to suit the major food companies.

## DANGEROUS FATS

The dangerous fats are:

- hydrogenated vegetable oil
- vegetable shortening
- partially-hydrogenated
- vegetable suet vegetable oil
- transfats
- margarine (especially hydrogenated margarine)

## WHICH FOODS HAVE THE MOST TRANSFATS?

- Fast foods – fried chicken, chips/French fries
- Pies (in their crusts)
- Crackers and most biscuits

## HOW TO PROTECT YOUR HEART

- Do not smoke
- Take exercise that gets you slightly breathless
- Keep your waist measurement down
- Use grapeseed, olive, coconut or safflower oils for salads or low temperature frying
- Drink green tea
- Eat only dark chocolate 70% cocoa solids
- Eat oats, garlic and the cabbage family
- Noodle/soup cups
- Most margarines
- Doughnuts, muffins and cakes
- Cook meals yourself from fresh raw ingredients
- Take Omega 3 fish oils or raw flax (linseed oils)
- Take Vitamin E (mixed tocopherols not single tocopherol)
- Take B vitamins or a homocysteine lowering tablet such as Solgar Homocysteine Modulators
- Take co enzyme Q10
- Take an all in one Natural Heart tonic such as Higher Nature's Cardio

Ironically eating lots of meat isn't bad for your heart. All the pie crusts, biscuits, crisps, chips and margarine are.

If you buy fast food fries in New York they have nearly 30 times the transfats of those bought in Denmark.

Denmark is the first country to seriously restrict transfats. When will the U.K. follow suit? Hopefully soon.

- Organic coconut oil and Cardio tablets are available from the Belper Natural Health Centre
- Grapeseed, olive and safflower oils are available from health shops and supermarkets.
- Olive oil is available from 'Fresh Basil' and all supermarkets.

Chronic inflammation is thought to be the hidden cause of much heart disease, cancer, Alzheimer's disease and obesity.

Eating a pisco-vegetarian diet (fish and vegetables) is the best diet to lower inflammation. Solgar 'Cherry Turmeric Complex' is a major breakthrough a a natural anti-inflammatory.

Try 'Googling' 'Chronic Inflammation' to read up on all it's health implications. 'Cherry Turmeric Complex' is available from the **Belper Natural Health Centre**.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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