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Please forward to your friends and family!

Cholesterol-what is it? Is it a friend or an enemy? Do I need to worry about it or can I just forget it?

You are being told by radio, television and magazine advertisements you have to lower your cholesterol. You see ads all the time for Lipitor, Crestor. You should ask your doctor should you take this medication to lower your risk of having a heart attack or stroke. So what is the truth about these drugs and cholesterol?

Let's start with what cholesterol is as it is defined in Harper's Biochemistry textbook. It is a waxy steroid metabolite found in the cell membranes and transported in the blood of all animals. It is an essential structural component of all the cells of the human body and the insulation of the myelin sheath of the nerves. It also makes up the bile acids, and steroid hormones and even some fat-soluble vitamins. So how can this be considered such an enemy? The answer is it shouldn't be, but the drug industry needs to make money and to pay dividends to its stockholder so we are told half-truths about this essential chemical.

So what are facts about cholesterol. First and foremost it is essential for our health and wellbeing. Each individual who weighs (150 pounds or 68 kg.) produces 1,000 mg per day and an additional 200-300 mg. comes for dietary intake. The liver, intestines, adrenal glands, and reproductive organs make the major portion of cholesterol in our body. The body compensates for cholesterol intake by reducing the amount synthesized. In other words the more you take in through your diet the less you make, and the less you take in through your diet the more you make.

All foods that contain animal fat contain cholesterol to varying degrees. The major dietary sources of cholesterol are cheese, egg yolks, beef, pork, poultry and shrimp. What should be avoided is saturated or partially hydrogenated fats know as trans fats.

What you need to know about cholesterol and risk factors for heart attach or stroke is not just what the overall cholesterol number. This currently should be looked at in a general range from 180-239 mg., with the ideal number of 180 mg. for males and 200 mg. for females. If the cholesterol numbers are too low the incidents of heart attach and stroke are both increased. The other factors are the HDL (high-density lipoproteins) should be high (>50mg.), LDL (low-density lipoproteins) below (<100mg.), and VLDL (very-low density lipoproteins) (<30mg.), and finally triglycerides (<150mg.).. Additional factors are C reactive protein (<10µmol/L), homocysteine levels (<1.0mg./L) and blood viscosity (3-4) should also be checked.

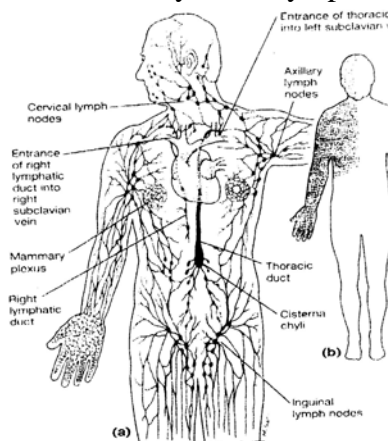
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If your family doctor suggest that you should take a Statin Drug to prevent or lower your risks, these are the current facts as presented in the The New York Times article dated March 30, 2010 by Duff Wilson titled, "Risks Seen in Cholesterol Drug Use in Health People". What this article point out is statin drugs do not prevent heart attacks or strokes unless you have already had one. And they have many side effects some that are being hidden by the manufactures that are serious or even fatal include liver damage, kidney failure due to (myolysis) muscle tissue breakdown that clogs the kidneys filtration tubules and transient global amnesia. The more common reported side effects are headaches, abdominal pain, muscle pain, weakness and nausea. The transient global amnesia I had never heard of as a side effect until I read a book written by Duane Graveline, M.D., titled "Lipitor: Thief of Memory". Dr. Graveline was one of the first American astronauts who had this problem after taking Lipitor. You can check his web site at spacedoc.net. The other article is available at The New York Times online or calls my office and I will fax or email you a copy.

What can Chiropractic/Applied Kinesiology do for cholesterol problems? The answer is plenty! One main factor overlooked in medicine is the absorption and transportation of blood lipids. This is accomplished by the villi of the small intestine absorption of the emulsified fat through the epithelial cells into the submucosal fluid of the lymphatic system and they are pumped upward through the thoracic duct to be emptied into the subclavian vein in the neck. This account for 80% to 90% of dietary fat absorption in the blood stream. This depends on proper biomechanical working of the spine in particular the ribcage and diaphragm. When this malfunctions it will cause a rise in blood lipid levels.

The next factor I can help you with is your diet and nutritional supplementation to lower cholesterol levels with out the use of statin drugs. General cholesterol levels can be changed with the addition of niacin, red rice yeast, omaga-3-fish oil, and garlic, just to mention a few.

This illustration shows you the lymphatic system.



Call for an appointment and let me help improve you health 973-334-6053. Why don't you forward this new letter to your family and friend and help improve their health.

