

Cholesterol is finally officially removed from the Naughty List

The US government has finally accepted that cholesterol is not a 'nutrient of concern', doing a U-turn on their warnings

By Nikki Barr

Cholesterol has been on the "naughty" list of nutrients for nearly 40 years, with health officials warning us to stay away from high-cholesterol foods since the 1970s to avoid heart disease and clogged arteries.

"Full-fat dairy products and avocados are high in good fats."

But US officials have finally given the green light for a U-turn on previous warnings, which means eggs, butter, full-fat dairy products, nuts, coconut oil and meat have now been classified as "safe" and have been officially removed from the "nutrients of concern" list.

The US Department of Agriculture, which is responsible for updating the guidelines every five years, stated in its findings for 2015: "Previously, the Dietary Guidelines for Americans recommended that cholesterol intake be limited to no more than 300 mg/day.

"The 2015 DGAC will not bring forward this recommendation because available evidence shows no appreciable relationship between consumption of dietary cholesterol and serum (blood) cholesterol, consistent with the AHA/ACC (American Heart Association / American College of Cardiology) report.

"Cholesterol is not a nutrient of concern for over-consumption."

"Eggs are no longer on the 'naughty list'."

The Dietary Guidelines Advisory Committee will, in response, no longer warn people against eating high-cholesterol foods and will instead focus on sugar as the main substance of dietary concern.

The 70s, 80s and 90s were the 'non-fat' years, with the government warning people to limit the amount of high-cholesterol foods in their diets to avoid heart disease and strokes.

But nutritionists and scientists have long been campaigning for the U-turn, which started with introducing "good cholesterol" back into the 'safe zone'.

US cardiologist Dr Steven Nissen said: "It's the right decision. We got the dietary guidelines wrong. They've been wrong for decades."

He estimated that about 20 per cent of cholesterol levels in your blood come from your diet, which means the rest is produced by your liver and is actually needed by the body.

Dr Chris Masterjohn added: "Since we cannot possibly eat enough cholesterol to use for our bodies' daily functions, our bodies make their own.

"When we eat more foods rich in this compound, our bodies make less. If we deprive ourselves of foods high in cholesterol - such as eggs, butter, and liver - our body revs up its cholesterol synthesis."

"Nuts were previously thought to contain too much cholesterol."

Sugar has now been identified as the "worst" food culprit for health problems, with GPs now focusing on weaning patients off the sweet stuff.

Cardiologist Dr Aseem Malhotra, who works with group Action On Sugar, says a clamp-down on the food industry is next.

He said: "It's very clear that added sugar has absolutely no nutritional value whatsoever and, contrary to what the food industry want you to believe, the body doesn't require any carbohydrate for energy from added sugar.

"And we know the food industry have been spiking our food with added sugars. We also know that carbohydrates and particularly refined carbohydrates - so carbohydrates that lack fibre, sugar being one of them - have the biggest impact on insulin in terms of surges of insulin in our body.

And insulin is a fat storing hormone." So, in summary, ditch your skinny latte for a full-fat latte and get some avocados down you.

Dear Mohammad and all friends,

Please forgive this missive from someone who spent his life using and defending the scientific methods. Sadly, in my old age, I see more clearly their abuses and limitations. Sadly too our so-called evidential science keeps sending us round and round in ever-widening circles. I will (almost) certainly not be around to see the new circle in another 40-50 years of the "baddie" molecules will become "evil" again.

Forgive me relating evidence of one case!! Single-case evidence is the weakest of the scientific method, yet can be the strongest.

Some years ago my own cholesterol level was "un-acceptably" high. So my caring cardiologists (all friends and colleagues) strongly advised Statins, plus Aspirin plus anti-hypertensives even though my BP was OK. I declined the Aspirin and anti-hypertensives, but reluctantly took Simvastatin. Deep in my heart I knew God had given me the genes that gave my physical being and all the attributes I had, but still obeyed my doctors.

Soon I was so ill, my wonderful physician colleagues tested for my liver and muscle enzymes...they were so unbelievably high...the drugs were destroying me and I was "fighting" the molecules of blood cholesterol.

But now there came a new far more "selective" anti-cholesterol also a Statin. In fear of death from coronary heart disease I elected to take the new magic bullet. Soon though, a week after taking the smallest of possible doses, the liver and muscle destruction was in evidence again. So Statins were stopped and after feeling back to normal, the blood cholesterol was back to "high" again. Why not try plant sterols, they are plant-sourced after all, should be "good for you". However even small doses caused the same reactions.....

Yes you guessed, NO STATINS or any cholesterol-lowering drugs of any sort and me feels happy and well and yes balanced.....When God wants me He will take me with or without my fatty blood. At least now my body speaks the language it is meant to speak; not one organised by some technological wiz-kid who advocates titrating my life and

reducing it to numbers of Enzyme levels, un-reliable PSAs and BP and sugar and fatty molecular sizes and numbers.

PLEASE do not get me wrong I am not advocating a whole scale debunking of the scientific method. But like our far more erudite previous writers here, I also just think we need to stop and think "Health" and not Disease only.

Like most I was educated in the Germ theory and then the Evidence-based one...time we thought in the "Gift theory" The Gift is that of Balance. Too much of anything makes us unwell....think back to when we eat too much, when we sleep too much, when we over-indulge in any activity be it mind body or spirit...we become most uncomfortable, if not ILL.

With all our human limitations we still have to deal with congenital disorders and diseases of poverty and yes germs (I know Malaria etc are too real to ignore or scoff at). Yes there are causes of Dis-Ease, but there are also causes of Health. We have to accept the scientific method for its true simple value, but it is no longer the belief system at whose uncompromising altar I still worship. There are other supreme truths.

The question is in the how to bring health to the forefront and somehow help put Dis-ease in its true non-commercial non-monetary perspective. I would hate to see Health equally commercialised...It is a Gift and not a money-spinning new thought or theology or method of worship.

May you all be gifted Health.

Dr. Adel Aulaqi