Beyond Cholesterol: The Orthomolecular Approach to Cardiovascular Disease

Natasha Campbell-McBride, MD

Nutritional Aspects of Cardiovascular Disease

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"The diet-heart hypothesis - the greatest scientific deception of this century", ***George Mann, MD***

- Proposed in 1953
- Billions spent on research
- Millions of people are employed by it
- Huge political and commercial machine built on it
- Food industry makes billions on it
- Pharmaceutical industry makes billions on it

yet

The hypothesis has not been proven!
Heart disease morbidity are not getting better!

What did the science show?

- Dietary cholesterol and animal fats have nothing to do with heart disease
- Low blood cholesterol is dangerous
- People who eat the most fat & cholesterol have the lowest incidence of disease
- High blood cholesterol does not cause heart disease or atherosclerosis
- People with higher cholesterol live the longest and the healthiest lives

Low blood cholesterol

- Increases risk of heart disease & stroke
- Associated with cancer
- Associated with violence, aggression & suicide
- Associated with Parkinson's disease
- Associated with memory loss
- Associated with poor immunity
- Learning disabilities in children & adults
- Associated with early death

Cholesterol in the body

- Vital part of every cell membrane
- From cholesterol adrenal hormones are made
- From cholesterol sex hormones are made
- From cholesterol myelin is made
- Essential for memory & learning
- From cholesterol vitamin D is made
- Essential for immunity
- From cholesterol bile salt are made

People with high cholesterol live longer.

Older people need more cholesterol.

Foods rich in cholesterol

1. Caviar, 588mg of cholesterol per 100g
2. Cod liver oil, 570mg per 100g
3. Fresh egg yolk, 424mg per 100g
4. Butter, 218mg per 100g
5. Cold-water fish & shellfish, ranges from 173mg to 81mg per 100g
6. Lard, 94mg per 100g

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Only 15% of blood cholesterol comes from food, 85% are produced by the body (approximate).

One cannot reduce blood cholesterol by low fat/low cholesterol diet.

Drugs, such as statins, impair production of cholesterol in the body and hence reduce blood cholesterol.

Statin common side effects

- Heart failure through co-enzyme Q10 deficit
- Muscle inflammation, rhabdomyolysis
- Kidney damage, kidney failure due to rhabdomyolysis
- Liver damage
- Nerve damage, polyneuropathy
- Parkinson's disease
- Cognitive decline & memory loss
- Depression, short temper, violent behaviour
- Foetal malformations if used in pregnancy
- Cancer

Saturated fatty acids

- Preferred source of energy for heart muscle
- Lower Lp(a)
- Reduce Ca deposition in the arteries
- Essential for all tissue repair in the body
- Vital part of every cell membrane
- Essential for utilising omega-3 and 6 fats
- Essential for immune system structure and function
- Essential for the brain structure and function

Animal fats are not all saturated !

- **PORK FAT**: *45% monounsaturated, 11% polyunsaturated, 44% saturated*
- **LAMB FAT**: *38% monounsaturated, 2% polyunsaturated, 58% saturated*
- **BEEF FAT**: *47% monounsaturated, 4% polyunsaturated, 49% saturated*
- **BUTTER**: *30% monounsaturated, 4% polyunsaturated, 52% saturated*
- **HUMAN BREAST MILK**: *48% saturated, 33% monounsaturated, 16% polyunsaturated*

Vegetable oils & margarines

- Vigorously promoted as "heart-healthy"
- Full of trans fats and other harmful fats
- Cause cancer, diabetes, neurological damage & immune problems
- Cause atherosclerosis & heart disease
- Cause infertility
- Interfere with pregnancy
- Dangerous for foetus and baby
- Accelerate ageing

Atherosclerosis is an inflammatory condition

1. Injury to the endothelium
2. Inflammation & repair in the endothelium
3. In atherosclerosis inflammation is out of control
4. Atherosclerotic plaque – a never healing ulcer inside the blood vessel
5. First stage plaque
6. Second stage plaque
7. Third stage plaque (causes 76% of all fatal heart attacks) E Falk, 2006

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ATHEROSCLEROTIC PLAQUE
(Kragel at al, 1989)

- 68% fibrous repair tissue, largely collagen
- 8% calcium
- 7% inflammatory cells
- 1% foam cells – enlarged white blood cells full of debris
- 16% lipid-rich necrotic core
- 74% of all fats in the core are unsaturated (Enig, 2000)
- Fats & cholesterol in the plaque are chemically damaged & oxidised

Cholesterol & fats in atherosclerosis

- Healing agents in the body essential for both inflammation & repair
- *LDL or so-called "bad cholesterol"* takes cholesterol from the liver to the plaque
- *HDL or so-called "good cholesterol"* returns cholesterol from the plaque to the liver
- Free radical damage
- Antioxidants – vitamin C, E, lipoic acid, etc
- Chemically damaged, oxidised cholesterol & fats get deposited in the plaque

Metabolic Syndrome
the cause of perpetual inflammation

- Consumption of processed carbohydrates lead to permanent glucose overload
- Glucose overload leads to overproduction of insulin
- Overproduction of insulin leads to insulin resistance
- Too much insulin leads to permanent inflammation
- Perpetual inflammation is the cause of atherosclerosis

The real causes of heart disease epidemic -
1.Metabolic syndrome
2.Anything that injures endothelium:

- **Man-made chemicals:**
  Personal care products
  Laundry/dishwasher
  Domestic cleaning
  Re-decoration, building
  Pharmaceuticals
  Smoking
  Industrial pollution
  Agricultural chemicals
  Tap water (chlorine, fluoride, other chemicals)
- **Processed foods**
- **Microbes** (*Chlamydia pneumoniae, H. pylori, Cytomegalovirus, Herpes virus, Bacteroides gingivalis*, etc)
- **Abnormal gut flora**
- **Nutritional deficiencies** (homocystein, Lp(a), etc)
- **Lack of sun exposure leading to vitamin D deficiency**
- **Other** (radiation, electromagnetic pollution, stress, sedentary lifestyle, etc)

Avoid processed carbohydrates

- Sugar
- Breakfast cereals
- Breads, pastries, pasta, biscuits, cookies, etc
- Soft drinks
- Crisps, popcorn, commercial snacks
- Ready meals
- Condiments
- Sweets, chocolates, fruit preserves, etc

Recommended foods

- All meats cooked from fresh or frozen
- All fish cooked from fresh or frozen
- Organ meats
- Good quality eggs
- Fresh vegetables & fresh fruit (ripe!)
- Nuts and seeds
- Fermented dairy and raw milk
- Honey and dried fruit
- Whole grains in moderation
- Beans and pulses, cooked at home

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Natural fats

- All animal fats - best fats for cooking
- Butter and ghee
- Coconut oil and palm oil
- Cold pressed virgin olive oil
- Other cold pressed plant oils (flax, avocado, walnut, borage, hemp, etc), not for cooking!
- Deficiencies in fat soluble vitamins: A, D, E & K are a major cause of heart disease

Avoid all margarines, butter replacements, vegetable oils and cooking oils!

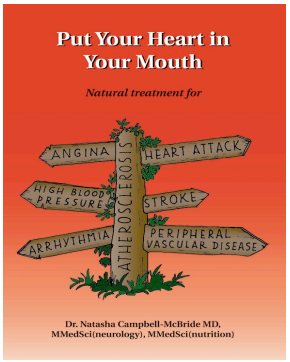
Digestive health

- Most toxins floating in the blood come from the GI tract (estimated 80-90%)
- Large percent of the population have abnormal gut flora
- Without healthy gut flora food does not get digested and absorbed well + B vitamins deficit
- Nutritional deficiencies lead to formation of homocysteine, Lp(a) and many other toxins

Every course of antibiotics must be followed by a course of probiotics and fermented foods!

Prevent heart disease naturally !

1. Stop eating processed foods!
2. Stop polluting your body!
3. Look after your digestive system!



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