

# Cholesterol Myths Presentation

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"In Framingham, Massachusetts, the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower people's serum cholesterol...we found that the people who ate the most cholesterol, ate the most saturated fat, ate the most calories weighed the least and were the most physically active."

Dr. William Castelli 1992 (Director of the Framingham Heart Study)

"Seventy five percent of your cholesterol is produced by your liver, which is influenced by your insulin levels. Therefore, if you optimize your insulin levels [by making diet and lifestyle changes], you will also regulate your cholesterol levels."

Dr. Joseph Mercola (www.mercola.com)

"Since the use of statins for primary prevention of CVD has been shown to increase all-cause mortality by 1% over a 10-year period, and has very little to no effect in secondary prevention of death, it would seem that there is no cost-benefit in primary prevention, and very little for secondary prevention."

Joel Kauffman, PhD, *Statin Drugs - A Critical Review of the Risk/Benefit Clinical Research*

The 2007 Lancet review of statin drugs (vol. 369) by Harvard's John Abramson, MD found no health benefits and no reduction in mortality rates. There are over 900 studies which show that statin drugs are dangerous. *Am J Cardiovasc Drugs*. 2008;8(6):373-418.

## Suggested Reading

### Books

1. Uffe Ravnskov, MD, PhD, *The Cholesterol Myths: Exposing the Fallacy that Saturated Fat and Cholesterol Cause Heart Disease*, NewTrends Publishing, 2000.
2. Anthony Colpo, *The Great Cholesterol Con: Why everything you've been told about cholesterol, diet, and heart disease is wrong!*, Lulu, 2006.
3. Daniel Steinberg, MD, PhD, *The Cholesterol Wars: The Skeptics vs. the Preponderance of the Evidence*, Academic Press, 2007.
4. Al Sears, MD, *The Doctor's Heart Cure*, Dragon Door, 2004.
5. Gary Taubes, *Good Calories, Bad Calories*, Knopf, 2007.
6. Natasha Campbell-McBride, MD, *Put Your Heart in Your Mouth*, Medinform, 2007.
7. William Campbell-Douglass, II, MD, *Eat Your Cholesterol*, Rhino Publishing, 2003.
8. Mary Enig, PhD, *Know Your Fats*, Bethesda Press, 2003.
9. Duane Graveline, MD MPH, Former NASA Astronaut, Former USAF Flight Surgeon and Retired Family Doctor  
<http://www.spacedoc.net/>
  - *Lipitor: Thief of Memory*
  - *Statin Drugs Side Effects and the Misguided War on Cholesterol*
  - *The Statin Damage Crisis*

### Websites

1. Uffe Ravnskov, MD, PhD - [www.ravnskov.nu/cholesterol.htm](http://www.ravnskov.nu/cholesterol.htm)
2. The International Network of Cholesterol Skeptics - [www.thincs.org/](http://www.thincs.org/)
3. Chris Masterjohn - [www.cholesterol-and-health.com](http://www.cholesterol-and-health.com)
4. Sally Fallon and Mary Enig, PhD - [www.westonaprice.org](http://www.westonaprice.org)

### Articles

1. *The Benefits of High Cholesterol* by Uffe Ravnskov, MD, PhD - [www.westonaprice.org/moderndiseases/benefits\\_cholest.html](http://www.westonaprice.org/moderndiseases/benefits_cholest.html)
2. *The Oiling of America* by Sally Fallon and Mary Enig, PhD - [www.westonaprice.org/knowyourfats/oiling.html](http://www.westonaprice.org/knowyourfats/oiling.html)
3. *Dangers of Statin Drugs: What you Haven't Been Told About Popular Cholesterol-Lowering Medicines* by Sally Fallon and Mary Enig, PhD - [www.westonaprice.org/moderndiseases/statin.html](http://www.westonaprice.org/moderndiseases/statin.html)

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