



## Cholesterol, saturated fat, trans fats, sugar and heart disease

A recent documentary on Australian television which highlighted the causes of heart disease presented the views of a number of American experts who suggested that cholesterol and saturated fats have been unjustifiably vilified and that we should rather focus on eliminating trans fats and sugar from our diet. This unleashed a heated rebuttal from Australian experts and heart specialists who warned that we should not ignore the dangers of cholesterol and saturated fats. I thought it best I scrutinise and review the latest medical research to, 'fingers crossed,' arrive at the truth.

The evidence soundly supports the American experts. An exhaustive examination of all the research presented in a highly reputable medical journal called 'The Archives of Internal Medicine,' has failed to find a connection between consumption of saturated fat and cholesterol found in meat, eggs, milk and



butter and an increased risk of heart disease. However, and this is a pretty significant caveat, there are a number of studies demonstrating that a high saturated fat diet increases blood sugar or glucose levels. In those who already have the type 2 variety of diabetes, which is often but not always associated with being overweight, saturated fat can substantially increase the likelihood of having a heart attack. With elevated glucose levels presaging the development of diabetes and with this condition now achieving epidemic status limiting saturated fats would be a prudent option.

At the risk of trumpeting a further paean to my American colleagues, trans fats which are found in cookies, biscuits and cakes, frozen and fast foods, margarines and mayonnaise and those foods that have a high glycaemic index, such as dates, baked potato, cornflakes, white rice and white bread, are the real villains when it comes to causing heart disease.

So concerned are American health authorities about eliminating trans fats that many food manufacturers have reformulated their products. In the USA you can now find cookies and easy to spread margarines with zero trans fats. In Australia our labelling and manufacturing procedures are still playing catch up, but in truth it might be far easier to consume fresh produce and to avoid items found on the supermarket shelf.

For those looking for the salvation diet, science and a responsible concern for global warming suggests that we move away from the consumption of live creatures and try vegetarian including liberal amounts of vegetables, fruits, raw nuts and olive oil. We will also need reasonable amounts of protein, around 0.7grms per Kg of body weight, and here beans and lentils, or if it's difficult to be exclusively vegetarian, grilled fish and white meat, would satisfy this requirement.

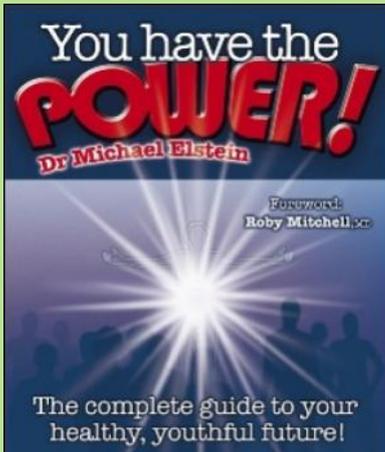
My eBook '[You Have The Power](#)' has an excellent segment dealing with the prevention of heart disease.

## Statins to prevent heart disease

Heart Specialists claim that the statin medications, probably the most powerful way to lower cholesterol, are reserved for those with an increased risk of succumbing to a heart attack. This can be calculated by utilising a number of criteria including age, gender, a family history of heart disease, diabetes, smoking, high blood pressure and significantly elevated cholesterol levels, all of which combine to heighten the odds of having a heart attack, in which case taking these medications would be helpful. Because of their side effect profile, including adverse effects on the liver and muscle function, memory capacity and the possible development of diabetes their benefit outside the realm of a substantially increased risk is limited, if it exists at all. Simply having raised cholesterol levels is not justification enough to embrace this form of treatment.

## A Genetic Mutation and migraines

While the precise cause of migraine has yet to be revealed research has uncovered a number of genetic mutations that are connected with this disorder. One of these is the MTHFR mutation, a genetic aberration identified by means of a routine blood test, that derails one of the essential functions of vitamins B12 and folic acid, which is to recycle homocysteine. Homocysteine is a protein we all have and usually it is harmlessly used to make another protein called methionine, a vital activity that allows us to replenish DNA, make essential brain chemicals and reconstitute blood cells. Raised un-recycled homocysteine has been associated with migraine. To lower homocysteine in the presence of the MTHFR mutation the appropriate forms of vitamin B12 and folic acid need to be incorporated. Commencing this therapy might need the guidance of a health professional.



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## Latest Edition e-Book

This is the latest e-Book edition from Dr. Michael Elstein, an anti-ageing physician who specialises in allergy testing, nutritional and dietary therapy, sexual health and weight loss. Having been in clinical practice since 1984, he has a wealth of experience in the alternative health field with post-graduate studies in acupuncture, herbal medicine, iridology, nutritional medicine and psychotherapy. He is a Fellow of the Australian College of Nutritional and Environmental Medicine and a Fellow of the American Academy of Anti- Ageing Medicine.

Dr Elstein's e-Book, [You Have The Power](#) provides a wealth of natural insights for alleviating depression, reducing hair loss, overcoming fatigue, managing insomnia, preventing heart disease, combating HIV/AIDS, MS, Alzheimer's & Parkinson's disease, treating wrinkles, negotiating menopause, permanent weight loss, limitless energy and sexual vitality.

*Dr. Elstein is light years ahead in anti-ageing and preventive medicine.*

*David Miles - CEO*

*The latest research and holistic approach to medicine. I am very impressed with the results.*

*Leslie McInnes - University of Sydney*

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