

Twitter Thread by Cooking with Chris

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@cookwithchris



THE TRUTH ABOUT CHOLESTEROL

& how we've been lied to about to causes of heart disease

(Thread)



"High cholesterol causes heart disease"

How many times have you heard this? Probably a lot.

But what if I told you that cholesterol is actually necessary for good health?

And that everything you've been told about cholesterol is a lie?

Let's get into it■■■

Without cholesterol, we die. It's that simple.

It is needed to synthesize hormones like cortisol, testosterone, progesterone, estrogen and even vitamin D.

It strengthens your cell membranes, helps break down your food, and so much more.

So if that is the case, why has cholesterol been demonized for so long?

Well, like most things, you can follow the money.

The American Heart Association has demonized foods containing cholesterol & saturated fats, while encouraging people to eat "heart healthy" vegetable oils

Use liquid vegetable oils in place of solid fats

Liquid vegetable oils such as canola, safflower, sunflower, soybean and olive oil can often be used instead of solid fats, such as butter, lard or shortening. If you must use margarine, try the soft or liquid kind.

This is horrible advice, considering those oils increase risk of heart disease, and foods with saturated fat are some of the most nutrient dense foods on the planet.

Imagine thinking that a grilled mushroom with canola oil on a bun is healthier than a grass fed steak?

Eat less meat

Try meatless meals featuring vegetables or beans. For example, think eggplant lasagna, or instead of a burger, consider a big grilled portobello mushroom on a bun. Maybe substitute low-sodium beans for beans-n-franks. Or treat meat as a sparingly used ingredient, added mainly for flavor in casseroles, stews, low-sodium soups and spaghetti.

According to healthline:

"New statistics predict that 45 percent of people in the United States will have at least one issue related to the disease by 2035.

That's up from earlier predictions from the American Heart Association (AHA) of 40 percent by 2030.

The AHA predicts that costs related to the disease will double from \$555 billion in 2016 to \$1.1 trillion in 2035.”

This is very interesting considering their donors make billions off of cholesterol lowering pharmaceuticals.

2020-2021 Corporate Funding Received from Pharmaceutical and Biotech Companies and Device Manufacturers		
Corporation	Total Cash Received During 2020-2021 on Prior and Current Year Commitments (1)	2020-2021 Commitments Receivable in the Future
3M	115,000	-
Abbott	322,498	150,000
Alexion Pharmaceuticals Inc.	1,344,000	-
Alnylam Pharmaceuticals	749,340	300,000
AmerisourceBergen	126,950	-
Amgen	1,708,085	118,000
AstraZeneca	6,295,000	-
Atricure	50,000	40,000
Bard/BD	60,000	-
Bayer Healthcare	1,787,723	135,000
BMS/Pfizer	75,000	-
Boehringer Ingelheim Pharmaceuticals	4,835,000	4,750,000
Boston Scientific Corporation	115,000	50,000
Bristol Meyers Squibb	50,000	-
Caladrius Biosciences, Inc.	100,000	-
Chiesi	47,500	25,000
CSL Behring	131,450	-
Cytokinetics	425,000	580,000
Edwards Lifesciences LLC	2,309,000	300,000
Esperion Therapeutics, Inc.	-	135,000
Genentech	961,000	-
GSK Consumer Healthcare	79,000	-
iRhythm	50,000	-
Jabil	65,000	-
Janssen	435,000	93,000
Janssen Biotech	120,000	-
Jazz Pharmaceuticals	250,000	-
Johnson & Johnson	135,125	-
Kaneka Pharma America, LLC	151,750	186,250
Kiniksa Pharmaceuticals (UK)	-	575,000
Lantheus Medical Imaging	-	60,000
Medtronic/Covidien/EV3	903,000	455,000
Merck	150,000	-
MicroVention	58,500	-
MyoKardia	965,000	-
Novartis Asia Pacific Pharmaceutical	619,241	187,361
Novartis Pharmaceuticals	1,661,764	18,106,874
NovoNordisk	1,631,500	11,500
Parker Hannifin	62,500	-
Pfizer	767,750	100,000
Reckitt & Benckiser	50,000	-
Regeneron	75,000	-
Roche Diagnostics	75,000	-
Sage Therapeutics	-	300,000
Sanofi	1,681,710	-
Schiller Americas, Inc.	88,500	-
Siemens Healthineers	77,500	-

I could go on all day about the shady ties and horrible nutrition advice that the AHA offers, but you get the point.

The truth is, dietary cholesterol has little to no effect on your blood cholesterol.

Your body regulates the amount of cholesterol in the blood.

When you eat less cholesterol, your body makes more.

When you eat more cholesterol, your body makes less.

Heart disease is simply not caused by cholesterol, and there is plenty of high quality research showing that cholesterol is not associated with an increased risk of heart disease. <https://t.co/XIIGputlPf>

I'm sure you've heard that there is good cholesterol (HDL) and bad cholesterol (LDL), which is just more outdated advice.

Many doctors are still claiming that elevated LDL is causing heart disease.

This study shows that LOW LDL levels are actually associated with HIGHER risk of all cause mortality (via [@Mangan150](#)) :

<https://t.co/AertwllHft>

So if it isn't LDL, what is the cause of heart disease?

Enter: oxidized LDL

"Oxygen in our blood can attack things flowing in our blood, including the fatty acids in LDL. After oxygen has attacked the fatty acids in LDL, the LDL particle is said to be oxidized, or basically burnt." - [@drateshanahan](#)

The oxidized fat and cholesterol can be toxic to your cells.

If your LDL is oxidized and your arteries are continually exposed to oxidized fats and cholesterol, it becomes a large plaque, eventually causing a heart attack or a stroke.

For a detailed breakdown, read this article by [@drateshanahan](#) <https://t.co/8pbbS3iAi1>

Your triglyceride to HDL ratio is a much better indicator of heart disease risk than your LDL levels as well.

"Research has shown that people with the highest ratio of triglycerides to HDL "good" cholesterol has 16 times the risk of heart attack as those with the lowest ratio of triglycerides to HDL."

<https://t.co/5AsXyo9luX>.

More here: <https://t.co/IOqwl2jzMW>

Men with a low ratio of triglycerides/HDL had low risk of heart disease even with high LDL cholesterol

Men with a high ratio had higher risk even with low LDL

\u2b06\ufe0fTriglyceride/HDL ratio\u27a1\ufe0fpoor metabolic health pic.twitter.com/62fruQqoxp

— P. D. Mangan Health & Freedom Maximalist \U0001f1fa\U0001f1f8 (@Mangan150) [July 22, 2022](#)

So, what can you do to prevent lower oxidized LDL, triglycerides and risk of heart disease? It's simple: live a healthy lifestyle:

- Eating a diet consisting of whole, nutrient dense foods (including animal fats)
- Lowering inflammation
- Weight management
- Exercise
- Sunlight
- Proper sleep/circadian rhythm
- Avoiding trans fats, refined sugars, and seed oils in high quantities
- Blood sugar control
- Avoid smoking

Overall, this doesn't mean you need to just go ahead and start eating a pound of steak every day, or drop your statins immediately.

My goal for this thread was just to change the way you view cholesterol and saturated fat, show you that it doesn't need to be demonized, and has its place in a healthy, balanced diet.

If you know me, you know I always advocate for a mixture of unprocessed, meat, seafood/fish, eggs, dairy, fruits and vegetables.

And before making any decisions, always consult with your doctor!

If you liked this thread, RT to help spread awareness! <https://t.co/DkOoVKhEvp>

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(Thread) pic.twitter.com/CJlphlzywX

— Cooking with Chris (@cookwithchris) [February 15, 2023](#)

Need help creating a nutrient dense diet that is also delicious & sustainable?

My meal plans are for you!

- Exact foods/portions sizes
- Endless recipes/meal preps
- Grocery lists

-Detailed note section

All customized to you!

<https://t.co/Gormu8Dg9r>

"I've learned how to eat for life"

First, I've managed to lose 6-8 lbs during these four weeks which is something I had never been able to do with other plans. Also, I have struggled with constipation for a long time, and it's the first time in a while that I'm having much more regular bowel movements and not feeling bloated. It's still not perfect but I'm sure my gut is healing and it will get better.

I was afraid of eating this amount of protein and reducing the amount of fruits and veggies in my diet because I was mostly vegetarian for a couple of years, but wow I feel so happy and energized nowadays. And tbh I haven't been super strict with things but I do feel like I have learned how to eat for life, which is the biggest win for me :)

"Phenomenal bloodwork, NO deficiencies"

Hey Chris! Just a small update, just did my bloodwork and it came back as near phenomenal - everything was great, no deficiencies in any vitamins (B or D), even though I eat quite a lot of cholesterol foods so to say (eggs, beef etc), it was still quite optimal & ideal. Not even normal, but Ideal and optimal! This is quite crazy to be honest. Also I feel quite amazing as long as I eat the good food for most of the time!



12:59 PM

“ I was originally hesitant with the price, but you exceeded expectations and then some.”

Hi Chris,

Just got to reading the plan you sent me. Wow! This is amazing! I confess I was originally hesitant with the price, but you exceeded expectations and then some. Let me know if there is a place I can write a more articulate testimonial.

Again, thanks a ton!