

HIGH CHOLESTEROL-THE MYTH HEART DISEASE? LIVER DYSFUNCTION?

By Donna F. Smith, Ph.D., C.D.N., C.C.N.

INTRODUCTION

Because of the ongoing concern over high cholesterol and heart disease, people are consuming low-cholesterol foods, in addition to, taking cholesterol-suppressive drugs that damage the liver, without realizing that this can automatically cause the body to produce more cholesterol, and there are safe and effective clinical nutrition protocols to balance and maintain healthy cholesterol levels.

This article will:

1. introduce you to the organs and glands that produce and metabolize cholesterol,
2. explain the causes of excess cholesterol production,
3. introduce a Full Body Detoxification (Cleansing) Program to improve liver function, which has been damaged or adversely affected by cholesterol-lowering drugs and poor dietary habits, as well as help the body produce and maintain healthy cholesterol levels,
4. introduce tests, such as Serum Homocystine, which are better at monitoring heart disease today than high cholesterol blood levels, and
5. provide information on the role, benefits and function of cholesterol in the human body. Thus, dispel the myth that Cholesterol is bad for the body. That Cholesterol, instead, has a vital role in the production of hormones, longevity, produces Vitamin D., and maintains the health of the skin and cell membranes.

LESS CHOLESTEROL FOOD INTAKE = MORE CELLS MAKE CHOLESTEROL!

Did you know that the cells in the body produce cholesterol and that Cholesterol has many positive functions in the human body?

Cholesterol keeps the membranes of our cells functioning properly. Membranes with too little cholesterol become too fluid and fall apart; too much, they become stiff and break. Vitamin D, the sunshine vitamin, required for the metabolism of calcium and phosphorus, also comes from cholesterol.

Cholesterol is secreted by the skin glands and helps cover and protect the skin against dehydration, cracking, and the wear and tear of sun, wind and water. Cholesterol aids in the healing of skin tissue and prevents skin infections.

Thus, when the body does not receive sufficient cholesterol in the diet, it will automatically produce cholesterol to meet its needs. This is why low-cholesterol diets often fail in lowering blood cholesterol levels. Some medical studies have indicated that a low-cholesterol diet works, but only for a very small percentage of people and, thus, they conclude that heredity is the reason why others continue to have high cholesterol no matter what they do.

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From a clinical nutrition perspective, liver function, vitamin deficiencies, and toxicity has more to do with excessive cholesterol production, than heredity.

Cholesterol is actually a very important nutrient to the body. From Cholesterol, your hormones are produced – adrenal hormones, testosterone, the estrogens, progesterone, etc. When you do or take anything that suppresses cholesterol production, you are ultimately interfering with the function of your endocrine system, adrenals, pituitary, female/male sex glands (and their function), in addition to the liver, gall bladder, bile duct, intestines and other organs and glands of the body that metabolize or produce cholesterol.

The Cholesterol-Hormone Factor may be contributing to today's increase in reproductive and sex organs/gland dysfunctions.

Rather than manipulate the body to suppress its ability to produce cholesterol, which it is designed to do for the good of the body, it is more prudent to identify the cause as to why the body is so dysfunctional, thus producing excessive cholesterol, or why cholesterol has become excessive due to the body's inability to metabolize it properly.

ORGAN/GLAND DYSFUNCTIONS AND VITAMIN DEFICIENCIES CAUSES HIGH CHOLESTEROL!

Since 1990, through my clinical experience in analyzing and monitoring the nutritional biochemistry of individuals, I have discovered that maintaining optimum cholesterol is related to:

1. liver function, primarily, as well as the function of the intestines, adrenal and sex glands, and
2. vitamin deficiencies, affecting organ/gland function. Specific vitamins in sufficient amounts are required to assist in the metabolism of cholesterol.

When the body has extra cholesterol, the cholesterol links itself to linoleic acid and is transported to the liver to be changed into bile acids, provided the vitamins and minerals necessary for this change are present. The bile acids are then transported into the intestines to help with fat digestion, and are then removed from the body with its waste, provided that the food contains sufficient fiber and that bowel action is regular enough to prevent the bile acids from being reabsorbed and recycled.

Therefore, when the liver and intestines are dysfunctional, this process is inhibited and high cholesterol can be seen in the blood as the cholesterol remains in the body instead of being removed with the waste as it should. Add to this cell production of cholesterol when the diet is low in cholesterol foods and you have an ongoing struggle with high cholesterol.

You may have become aware of the association of cholesterol and liver through advertisement warnings about cholesterol-lowering drugs causing liver damage. This is why physicians run frequent blood tests to monitor the liver for those on these drugs. It is important to remember, too, that the liver has an effect on every part of the body, so keeping it healthy is vital to the function of the entire body (cells, tissues, organs/glands), the quality of your health and your longevity.

In her book, "Why I Feel So Lousy," by Lorrie Medford, C.N., Ms. Medford provided an easy and quick read for those wanting to understand the liver and its myriad effects on the human body, its role in

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cholesterol and disease prevention. She also explains our safe and effective Full Body Detoxification Program, which cleanses the liver, in addition to the gall bladder, bile duct, stomach, lymphatics, kidneys, bladder, small and large intestines. Our Full Body Detox/Cleanses Program includes a specific detoxification and elimination dietary plan and whole food supplements and herbs. Ms. Medford uses the same food supplements as we do, however, she provide a 21-day cleanse, whereas, at **Advanced Clinical Nutrition**, we provide this cleanse for 30 days as my clinical observations while providing this program for hundreds of clients have proven that the benefits of the additional nine days on a 30-day cleanse is equivalent to another 21 day cleanse, thus, providing our clients with faster healing progress, a deeper full body cleanse and saves our clients money.

NON-ESSENTIAL FATTY ACIDS AND REFINED CARBS CAUSE HIGH CHOLESTEROL!

Regarding diet, though medical studies indicate that high-cholesterol food diets can lead to high cholesterol blood levels in some people, my clinical experience has shown me that high cholesterol occurs more often in people ingesting a diet high in non-essential fatty acids and refined carbohydrates (Carbs). "These foods produce an excess of acetate fragments in the body and pressure the body into increased cholesterol production," as explained by Udo Erasmus in his book, "*Fats and Oils*" (p.63).

It is important to avoid mass-produced, processed and altered foods, such as those labeled, "Low Fat, Fat Free, Low Cholesterol, 2% (as in 2% Milk), in addition to, white flour and refined sugar products, and trans-fats, etc. The body was designed for whole foods. Foods that have parts of the whole food removed or reduced will not be metabolize or nourish the body properly. Food that cannot be metabolized will remain in the body, rot or ferment and then inflame the tissue. Remember a low cholesterol diet will automatically trigger the liver and other cells in the body to produce more cholesterol, because cholesterol has so many vital functions.

THERAPEUTIC LIVER CLEANSING IMPROVES CHOLESTEROL & OVERALL HEALTH!

Since 1990, I have assisted many clients in improving their cholesterol values by assisting them in improving their liver function. In just 30 days, on my therapeutic Full Body Detoxification (or cleansing) program, clients with Cholesterol levels, between 200 – 250, have often reduced their cholesterol to below 200. Others with higher than 250 have very toxic, sluggish and congested livers and thus, may take 30-90 days, on the average, to reach a healthy cholesterol level. Regardless of the time for the individual, the important point here is adhering to this program will bring safe and effective results and improves, rather than damages, liver function.

As mentioned above, the liver affects every part of the body. One client was well on her way towards Parkinson's Disease, she had the shakes in her hands and head for over a year. Then just a few weeks into her 30-Day, therapeutic, whole food Full Body Cleanse, she had improved over 90% in the shaking of her hands and head.

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BACKUPS TO THE HEART

The human body is not considered dead, until the heart stops beating. A brain dead person can be kept alive by machines, but once the heart stops, the person is pronounced dead. Because the heart is the most important muscle/organ in the human body, the body is designed to protect it at all times. It is encased in the rib cage for physical protection and it has three back-up organs/glands to support it. They are the adrenal glands, thyroid glands and the brain. When the heart is in need of any nutrient, the adrenals transport the specific nutrient to feed the heart. If you do not know what nutrients keep your the heart and circulatory system healthy, it will continue to draw upon nutrients from these back-up organs/glands to supply its needs, as much as is possible. Thus, in time the adrenals become depleted, so the thyroid gives up its nutrients to feed the heart. When both the adrenals and thyroid have been depleted to the point that they are incapable to nourishing the heart, the brain follows suit.

As this process occurs, symptoms of adrenal dysfunction surface (fatigue, etc.), then thyroid dysfunction (weight gain, temperature changes – too hot or too cold, etc.), and then brain dysfunction (memory loss, lack of concentration, etc). Symptoms of true heart problems may not be evident until after the back-ups are depleted, which is why people are often surprised when they have a heart attack.

Considering the fact that hormones are produced from cholesterol, if you suppress the body's ability to produce cholesterol by taking a drug, and/or neglect to correct the causes provided in this article, you will soon have more than just high cholesterol, you will develop greater health challenges in your entire endocrine system. The endocrine system consists of the adrenals, thyroid, brain (pituitary, hypothalamus), thymus, pancreas, spleen, etc..

NEW CHOLESTEROL RESEARCH FOR THOSE UNDER AND OVER 65 YEARS OF AGE:

According to the Journal of the American Medical Association, people over 65 years of age, with high cholesterol, will live longer (JAMA, 2/25/98).

As women experience menopause (or are forced into menopause due to a partial or complete hysterectomy) and men experience andropause (male-pause), which is that time of life where the production of female and male hormones, by the reproductive/sex glands/organs, are less and less, having higher cholesterol, as we age, will help our bodies continue to produce the hormones we need to function and contribute to our longevity.

Therefore, on the Blood Chemistry Lab Reports, where it indicates that the normal medical level for cholesterol is 200, keep in mind that this relates only to those under 65 years of age.

Also, at the International and American Associations of Clinical Nutritionist (IAACN), Clinical Nutrition Scientific Symposium, 2008, it was reported that cholesterol levels under 180 affect brain function. Therefore, we have a narrow margin, between 180-200, to maintain healthy cholesterol levels, if you are under 65 years, and according to JAMA, 1998, cholesterol levels over 200 promote health and longevity.

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TESTS FOR MONITORING HEART FUNCTION AND DISEASE!

Recent studies have shown that monitoring Homocystine blood levels, not Cholesterol, is a better indicator of atherosclerosis, arteriosclerosis, and heart disease. Homocysteine is a natural amino acid metabolite and in blood, most of it is oxidized to the Homocystine form. Another method for assessing heart disease is the ratio between HDL and Triglycerides -- when HDL (good cholesterol) goes up, Triglycerides (fat) goes down. (Crayhon, 9/99). If you have high Triglycerides and low HDL, this can lead to heart disease.

Therefore, if your concern about high cholesterol is really a concern for possible heart disease, the following are the best tests to identify heart function. Note, if no specific test is listed, as in Liver Function Profile below, this means a series of tests (profile) will be ordered for that organ/gland. Some profiles are a series of blood tests and others may include blood, saliva, hair, urine or stool, or a combination of these specimens. For example, an Intestinal Function Profile includes a saliva and stool specimen that includes a series of seven or more tests.

To have a healthy heart, requires healthy adrenals, thyroid, sex glands, liver and intestines, as well as balanced levels of Homocystine and the ratio between HDL and Triglycerides.

BLOOD TESTS AND BIOLOGICAL FUNCTIONS are as follows:

1. Homocystine
2. Ratio between HDL and Triglycerides
3. Liver Function Profile
4. Intestinal Profile
5. Adrenal Gland Function Profile
6. Thyroid Gland Function Profile and
7. Sex Gland Function (Male/Female) Profile

At **Advanced Clinical Nutrition**, we order and then provide a clinical nutrition analysis or interpretation of the Laboratory Reports for the above tests and/or biochemical profiles to identify vitamin deficiencies, biochemical imbalances and organ/gland dysfunction, which precedes disease. Therefore, our clients have the opportunity to prevent heart and other diseases.

If you have been diagnosed with heart disease, we provide clinical nutrition therapeutic, whole food supplement and dietary programs to strengthen the heart, cleanse the veins/arteries and improve circulation, which is designed based upon the test results. Remember: what the body requires to prevent disease is the same as what it requires to heal the body, no matter what stage it is in, as it progresses towards disease and/or returns to health.

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CONCLUSION

In conclusion, this article has provided information on the role and benefits of Cholesterol in the production of Vitamin D and hormones, such as the adrenal, thyroid, male, female, etc., longevity, and that cholesterol maintains the health of the skin and cell membranes.

Information has, also, been provided on the organs and glands that produce and metabolize cholesterol, what causes excessive cholesterol production and how to improve liver and other organ/gland function.

It also included information to cleanse excess cholesterol from the body utilizing a 30-Day Full Body Detoxification (Cleansing) program. The Myth about Cholesterol has been dispelled and the latest medical and clinical nutrition research has been provided regarding the healthy cholesterol levels for people under 65 years (180-200) and over 65 (180 or greater). This research, also, established that high cholesterol in people 65 or older contributes to longevity. For those who are concerned about heart disease, a list of biochemical tests, such as Serum Homocystine has been provided, which are better at monitoring the function and progression of heart disease, today, than the use of Cholesterol levels.

After reading this article, you should have a better understanding of cholesterol, the importance of not taking substances that damage the liver and interfere with the cholesterol's role and function in the human body, and, thus, now be equipped with the knowledge of what is required to maintain normal Cholesterol levels for your age.

Therefore, the next step is to restore cholesterol-related biological and physiological function by providing the nutrients your body actually needs, based upon testing your biochemistry, and detoxify the substances (chemicals, refined carbohydrates, non-essential fatty acids, etc.) that interfere with its function. To do this, contact **Advanced Clinical Nutrition** to obtain a clinical nutrition analysis of your Laboratory Tests and follow an individually-designed, cholesterol-balancing therapeutic, whole food supplement and dietary health program.

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Donna F. Smith, Ph.D., N.D., C.D.N., C.C.N., has a Ph.D. in Clinical Nutrition, is a Licensed Certified Dietitian-Nutritionist (C.D.N.), Board Certified Clinical Nutritionist (C.C.N.), and a Canadian Chartered Herbalist. Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 90 articles for Internet and traditional magazines, such as the American Chiropractic Magazine.

She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University, Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Dr. Smith owns *Advanced Clinical Nutrition* in Wichita Falls, Texas, where she provides a clinical nutrition analysis or nutritional interpretations of laboratory tests (blood, urine, saliva, stool and hair) to identify and correct the dietary and vitamin deficiencies affecting the healthy function of the human body. Dr. Smith, also, provides clinical nutrition services to Healthcare and Fitness Providers, who want to provide clinical nutrition services to their patients/clients, yet do not have the time to do so.

The vitamin deficiency testing and dietary, lifestyle and food supplement consulting services of **Advanced Clinical Nutrition** are provided by U.S. and U.P.S. mail, e-mail and telephone. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or off work for nutritional services.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 35 U.S. States and four international countries.

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 and/or e-mail at Services@AdvancedClinicalNutrition.com. Meanwhile, please browse our website at www.AdvancedClinicalNutrition.com to subscribe to our FREE newsletter, HealthQuest e-News, read more articles by Dr. Smith (Articles Library), to view *Dr. Smith's Secrets To Healing* TV shows and more. You may also view Dr. Smith's TV Shows and videos on YouTube.com/DrDonnaFSmith, post questions on her blog at DrDonnaSmith.blogspot.com and follow her on Twitter.com/DrDonnaSmith and Facebook.com/DonnaFSmithPhD.