



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

### Table of Contents

<b>INTRODUCTION</b> .....	2
<b>CAUSES OF HIGH CHOLESTEROL</b> .....	2
Less Cholesterol Food Intake = More Cells Make Cholesterol .....	2
It Is Not The Egg But The Preparation Of The Egg That Is The Problem .....	3
Eating Egg Whites Only Causes Brain and Nervous System Dysfunctions .....	5
Dietetic Research is Not The Same As Nutrition Research .....	5
Organ/Gland Dysfunctions And Vitamin Deficiencies .....	7
Non-Essential Fatty Acids And Refined Carbs .....	8
<b>HOW TO RESTORE AND MAINTAIN HEALTHY CHOLESTEROL LEVELS</b> .....	9
<b>BACKUPS TO THE HEART</b> .....	10
<b>CHOLESTEROL MEDICAL MYTH (OR SCAM)</b> .....	10
What is a Healthy Cholesterol Level? .....	11
<b>NEW CHOLESTEROL RESEARCH IGNORED OR UNAWARE OF BY PHYSICIANS</b> .....	12
People Over 65 Live Longer With Cholesterol Over 200 .....	12
Cholesterol Under 180 ► Brain Damage At Any Age .....	13
<b>IDEAL CHOLESTEROL LEVELS FOR ALL AGES</b> .....	14
<b>CCN’S PROVE UP-TO-DATE ON RESEARCH BY RETESTING NOT JUST CE UNITS</b> ...	14
<b>TESTS FOR MONITORING HEART FUNCTION AND DISEASE!</b> .....	15
<b>CONCLUSION</b> .....	18
<b>ABOUT DR. SMITH</b> .....	19
<b>E-BOOKS BY DR. SMITH</b> .....	20
<b>DISCLAIMER</b> .....	21

### THIS ARTICLE WILL DISPEL THE MYTHS OF

- Cholesterol (High and Low)-
- Egg Yolks
- Egg Whites



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

---

## 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 five scientific facts:

1. This can automatically cause the body to produce more cholesterol, and
2. There are safer and more effective clinical nutrition therapies to balance and maintain healthy cholesterol levels.
3. If you are 65 or older, you will live longer with cholesterol over 200.
4. The problem with eating whole eggs or egg yolks alone is not the yolks, but the way you prepare them.
5. Eating egg whites only is not healthy for you.

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 Homocysteine, 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.

---

## CAUSES OF HIGH CHOLESTEROL

---

### 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.



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

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.

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. Cholesterol is a type of fat that is “essential” to life. 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.

## It Is Not The Egg But The Preparation Of The Egg That Is The Problem

**Here is another Myth:**

**“Egg Yolks are bad for you because they have cholesterol, so eat only egg whites.”**

Do you remember the first time you heard this? You probably thought,

- “Oh, my gosh!...what are the physicians or dietitians telling us now!!!” OR
- How can eating whole eggs be bad for me, God made the egg whole. OR



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

- People have been eating whole eggs since the egg was first discovered, so how is eating the egg yolk in a whole egg bad for me?

First, let me reinforce that it is important to eat foods with cholesterol in them. Otherwise, as stated above, if sufficient cholesterol-containing foods are not consumed, this will trigger the liver to produce more cholesterol.

**Secondly, it is not the cholesterol in the egg yolk that is the problem it is the way our culture prepares eggs and the lack of daily aerobic exercise that is the real problem here.**

You see, inside the egg is Lecithin. Lecithin is present to emulsify and assist in the metabolism of cholesterol. Another way of putting this would be, Lecithin insures that cholesterol does not stick to the arteries. However, when eggs are prepared (cooked) at high temperatures, as in scrambling eggs, frying eggs, omelets, etc., the high temperature destroys the Lecithin and thus the cholesterol in the eggs do not get metabolized properly and can stick to scarred arteries in the body.

**To prepare eggs properly so you maintain Lecithin, you want to either:**

1. **Cook them inside the egg shell** – the shell protects the Lecithin when you soft or hard boil the egg.
2. **Poach them.** In other words, you crack the egg shell to put the whole egg in a poaching tray. In a pan, you put just enough water where it will come to bottom of the poaching tray once you set the tray inside the pan. Then you cover the pan with a lid. The heat from the burner then heats the water slowly to a boil and the steam is what is actually cooking the whole egg. Steaming eggs does not destroy Lecithin.

**Now, you are probably thinking, “Yeah, but our ancestors have been eating fried or scrambled eggs and omelets for centuries.” True. However, there are two lifestyle factors present now that were non-existent in their day: Toxicity and Lack of Aerobic Exercise.**

1. **Aerobic Exercise** - Before the invention of the automobile, our ancestors received on the average of 90 minutes or more of aerobic exercise per day from walking, riding a bicycle or riding a horse for transportation. This amount of physical activity assisted in keeping the veins and arteries of the circulatory system clear, strong and healthy, so the opportunity of cholesterol accumulating in them was greatest reduced. However, today, few people receive 90 minutes or more of constant aerobic exercise per day



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

2. **Toxicity** - because of chemicals and metals in drugs, foods, water, and our environment, the circulatory system of those living today are much more damaged than our ancestors. In other words, today, veins and arteries have become scarred internally and un-emulsified cholesterol, due to destroying Lecithin when preparing eggs, sticks easily to scarred arteries.

### Eating Egg Whites Only Causes Brain and Nervous System Dysfunctions

Here is another Myth:

Along with the Myth of not eating egg yolks,  
came another Myth called, “Eat only egg whites.”

However, what the public was not told is that if you consume only egg whites in time you will develop a Biotin Deficiency. You can do an internet search for more information on the Benefits of Biotin and the adverse effects of Biotin Deficiency, so for this article, let me just say that without Biotin, in time, your brain and nervous system will not function properly and your tolerance for pain will be compromised, i.e., you can become sensitivity to even the slightest of pain. One of my Fibromyalgia clients could not handle the touch of water from a shower hitting on her skin.

You may be thinking, if all of the above is true, which it is, how did these “Myth” get started and why are these Myth’s still circulating – i.e., what hasn’t the Public been informed of these “Myth” on a larger scale. Or you may be thinking, “Why was the Public misinformed by the Medical or Dietetics Associations in the first place?

Below, I will share some insight on how the Myths got started, and I am certainly doing my part in presenting the scientific facts in this article to dispel the myths. However, for this to go global, I think it is going to be up to you to share this article with your family and friends, because there is just too much money being made annually by the medical industry from perpetuating these Myths as though they were facts, so I cannot see any Public Health Education or Announcements initiated by the medical or dietetic industry at any time in our future.

### Dietetic Research is Not The Same As Nutrition Research

You will more fully understand the answer to the above question about how these Myths about “Cholesterol and The Egg” got started, as well as have a better understanding of how other false information has been circulated, causing public confusion about diet and nutrition, by reading my chart on “Diet and Nutrition – Defining the Difference,” which is also posted



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

on our website. How often have you or someone you know said, “Boy, I am really confused about nutrition today or I don’t know what to eat anymore -- one minute I am been to eat this and then next minute I am being told not to?” Briefly stated, however, are the following facts.

Most people think of Diet and Nutrition as interchangeable. However, Diet and Nutrition are two distinctly different terms and have two distinctly different professional fields in Nutritional Science:

1. **Dietetics** – relates to the “Diet” of the human body, i.e., what you eat and drink. Thus, Dietetics is the nutritional science or field of study that centered on food preparation, preservation and storage and the practice or profession of Dietetics is performed by the Dietitian. For example, Hospital Cafeterias have a Dietitian in charge of food preparation, preservation and storage for patients, employees and guests.
2. **Nutrition** – relates to Nutritional Biochemistry, i.e., nutrition is the metabolism of what has been consumed (i.e., diet). Metabolism is the internal digestion, assimilation, absorption, and distribution of the dietary contents, as well as dietary and cellular waste removal, and anything that would interfere with these metabolic processes. Thus, Nutrition is the nutritional science or field of study that centers on nutritional biochemistry, biology, physiology and quantum physics and the practice or profession of Nutrition is performed by the Clinical Nutritionists.
  - a. **“Clinical” Nutrition** is the term for when nutritional deficiencies/excesses and toxicity have become so severe (clinical) that these metabolic processes have been severely disturbed, are producing symptoms and progressing towards disease.
  - b. Thus Clinical Nutrition identifies toxicity in the body and provides therapy for detoxification of toxic substances, as well as to restore nutrient sufficiency, biochemical balance and organ, gland and body system function. In doing this, it is also possible to reverse any current disease processes.

**Now that you have a brief definition of Diet and Nutrition, how this related to the Egg is as follows:**

1. The Dietitians’ scientific field of research and study is in the preparation, preservation and storage of the egg.
2. A Clinical Nutritionists’ scientific field of research and study is in the effects of consumed cholesterol, lecithin and other ingredients in the egg on the biochemistry inside the human body.



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

So how the above Myths got started was...some Dietitian or some Medical Doctor, who is not educated in either Dietetics or Nutrition, discovered that cholesterol was in eggs. Instead of staying in their particular scientific field of study, erroneous assumptions were made and published.

In other words, the Medical Doctor should have stayed focused on medicine and surgery, not Dietetics or Nutrition and the Dietitian should have stayed focus on food preparation not nutritional biochemistry; instead of trying to cross over into the science of Nutrition.

Had this been done, then what would have been published by the Dietitian Association was the proper preparation of the egg (boiled or poached) to preserve the cholesterol, instead of spreading an erroneous myth to eat only egg whites and not eat egg yolks to avoid consuming cholesterol.

This crossing over into scientific fields of study for which one has not been educated or trained is at the core of the confusion people have today about Diet and Nutrition. Reading my chart on “**Diet and Nutrition – Defining The Difference**” will greatly minimize any confusion you have on these two topics and help you make more informed decisions about your diet and its effects on the nutrition in your body.

## Organ/Gland Dysfunctions And Vitamin Deficiencies

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. **Organ and Gland Dysfunction** – primarily liver dysfunction, though dysfunction of the intestines, adrenal and sex glands can cause high cholesterol, and
2. **Vitamin deficiencies** – There are specific vitamins required in sufficient amounts to assist in the metabolism of cholesterol and vitamin deficiencies have an adverse effect on the function of organs and glands.

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.



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

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 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, lymphatic system, 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

Non-essential Fatty Acids and Refined Carbohydrates also 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



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

---

and other cells in the body to produce more cholesterol, because cholesterol has so many vital functions.

## HOW TO RESTORE AND MAINTAIN HEALTHY CHOLESTEROL LEVELS

---

### 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, as well as providing the nutrients the body requires to remove inflammatory cells and tissue and grow new healthy cells and tissue in its place. In just 30 days, on my therapeutic Full Body Detoxification (or cleansing) program, clients with truly High Cholesterol levels can significantly reduce their levels.

**Note: The measurement for truly “High” Cholesterol is not the same measurement as you are being told through medical professionals. You will read more about this later in this article.**

However, keep in mind that though you can significantly reduce your cholesterol in 30 days on this Full Body Detox Program, those with very toxic, sluggish and congested livers may take 30-90 days, on the average, to reach a healthy cholesterol level. Regardless of the time for each individual, the important point here is that those who adhere to this program will bring their cholesterol levels down safely and effectively, rather than forcing it down through taking stain drugs, as well as improve, rather than damage, liver function.

As mentioned above, the liver affects every part of the body. For example, 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 experienced over 90% improvement in the shaking of her hands and head. She was pleased with this additional and unexpected benefit from cleansing her liver and other elimination pathways through a Full Body Detoxification Program.



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

---

## 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 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.

---

## CHOLESTEROL MEDICAL MYTH (OR SCAM)

---

Let's hear from another health care professional on the subject of the medical industry's apparent concern over Cholesterol.....

*"The truth is finally getting out that cholesterol does not cause heart disease. And thanks to a new breed of cardiologists, the truth is finally getting out that "inflammation from the wrong, medically-prescribed diet and drugs" is the main cause of heart disease,"* reports Dr. Bruce West, Founder of Health Alert/Immune Systems, Inc.



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

Clients of **Advanced Clinical Nutrition (A.C.N.)** have been aware of this for decades as I routinely educate my clients on the truth about Cholesterol and the real cause of heart disease. This article is one of the ways I introduce this knowledge.

Dr. West continues: *“Because of these truths, statin drugs will fail. Stents and bypasses will fail in the long-term. And the myriad of prescription drugs to force the heart to beat stronger, faster, slower and/or weaker will, at best, fail to do much more than keep patients alive in a debilitated state. At worst, they will turn millions of people into cardiac invalids, while killing unknown numbers. Remarkably, treating the underlying cause of heart disease allows patients to truly get well and actually cure their heart disease – what a concept!”* (Health Alert 2/14/Vol. 31, Issue 2 Attachment)

That is what we do here at A.C.N., we get to the cause of heart disease, as well as all other health challenges.

Furthermore, Dr. West reports, *“If you are like me and many other Americans, you have come to realize that everything in the U.S. and even around the world, is about money and/or power. It makes little difference who is elected to government because evil people (mostly men) will do anything to gather and maintain money and power. That includes creating scams to suck the common folk dry in order to pay everyone else to get their way... It’s everywhere...”* Cholesterol Free, low cholesterol, get your cholesterol down, get your cholesterol level screened, don’t eat saturated fat because it raises your cholesterol, cholesterol causes heart attacks, cholesterol causes clogged arteries...statin (cholesterol-lowering) drugs are lifesavers, get your cholesterol below 150.” ...This is all nothing but a scam created by the same kinds of people for whom money (and power) is God.

## What is a Healthy Cholesterol Level?

Let’s see what Dr. West has to say about healthy cholesterol levels. *“Just a few decades ago, cholesterol up to 300 was considered normal (for people of all ages). No one really knew their levels because few people ever bothered to have their cholesterol level checked...I consider cholesterol levels up to 325 normal. Today, in order to sell more drugs, pharmaceutical companies and physicians are trying to brain wash you to believe that your cholesterol level should be below 150!. The truth is that if your cholesterol level is below 150, that can be more dangerous than if it were over 350.*

*There are folks with “naturally” lower cholesterol levels. The same is true for “naturally” higher cholesterol levels. And it turns out for most of these folks, their levels are fine for them. But forcing (by taking drugs) extremely low cholesterol levels causes depression, hormonal problems, infections, suicide, violent behavior and cancer, just to name a few.*



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

---

*So stop worrying about your cholesterol levels unless it is over 325.”*

So in summary what Dr. West is reporting is Healthy Cholesterol Levels for Adults is between 200 and 300.

So that cholesterol does not spiral out of control, I recommend you follow the table I have provided on the next page, and contact me if your cholesterol is above the healthy range. This will allow us to test your biochemistry to make sure that it can handle higher levels of cholesterol, as Dr. West reported. I can help you improve your liver function, detoxify the excess cholesterol and provide a dietary plan so you get a balanced amount of cholesterol so your liver will not be triggered to over produce cholesterol. We can also order the specific tests that actually do identify if you are at risk of developing heart disease and take the steps now to prevent this disease.

## NEW CHOLESTEROL RESEARCH IGNORED OR UNAWARE OF BY PHYSICIANS

---

### People Over 65 Live Longer With Cholesterol Over 200

According to the **Journal of the American Medical Association (JAMA)**, people over 65 years of age, with high cholesterol, will live longer (JAMA, 2/25/98). Next to the Merck Manual and Physician's Desk Reference (PDR), JAMA is the most important publication for physicians. However, I have yet to meet any patient that has been informed of the above by their physician. So I have to assume that either physicians are not staying current on their own research or they are purposely ignoring it in favor of making more money through diagnosis and treatment of Cholesterol for people 65 or older.

#### Why will people over 65 live longer with Cholesterol over 200?

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 their 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. Why? Because all hormones are produced by Cholesterol. Look in any text book that provides the



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

metabolic pathways for any type of hormone production and you will find it all starts with Cholesterol. Therefore, insufficient cholesterol (lower than 181 at any adult again) will result in severe hormone imbalances. This means all hormones, such as Adrenal Hormones, Thyroid Hormones, etc., not just Female and Male Hormones.

How would this impact our life? Here are just a few examples....

1. **Without sufficient Adrenal hormones**, you are exhausted all the time. You are also unable to react quickly when you need to get out of harm's way, such as manipulating through traffic to prevent an accident.
2. **Without sufficient Thyroid hormones**, your body cannot regulate its temperature, you are cold when you should be warm and vice versa, your over-all metabolism is out of balance, so you gain weight that cannot be reduced by diet changes or exercise alone.
3. **Without sufficient Male and Female Hormones**, you could become infertile, have no sex drive, are irritable, and may even have outbursts of violent behavior. Your skin, hair, nails and bones become dry, brittle and lack luster.

**And even worse, without sufficient Cholesterol to produce all your hormones, you will die prematurely.**

Therefore, keep in mind that Cholesterol on Blood Chemistry Lab Reports will indicate levels 200 or less for normal "medical" level for cholesterol, and if over this, your physician will want you to take drugs to lower cholesterol. Many physicians are not concerned about low cholesterol levels, only levels over 200. However cholesterol-lowering drugs are very damaging to the liver.

**Considering this JAMA Reported Cholesterol Study, is it possible to have High Cholesterol if Over 65?** Yes. If I were 65 or older, I would monitor my Cholesterol so that it does not go over 300. In other words, if my Cholesterol reached 300, I would then follow my 30-Day Full Body Detoxification Program to detoxify enough of the excess Cholesterol and improve my liver function, reduce inflammation and improve other causes of High Cholesterol, so I could keep it below 300, and ideally between 200 and 300. This Full Body Detox Program is a safe and effective way to lower cholesterol no matter what your age and no matter what the level of Cholesterol you want to achieve.

## Cholesterol Under 180 ► Brain Damage At Any 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, adversely affect brain function, and may even cause brain damage.



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

## IDEAL CHOLESTEROL LEVELS FOR ALL AGES

ADULT AGE	HEALTHY*	IDEAL	WHEN TO CONTACT DR. SMITH
20 to 64 years	181 to 325	181 to 250	Cholesterol Levels less than 181 or over 250
65 or older	181 to 325	200 to 299	Cholesterol Levels less than 200 or over 300.

\*healthy levels according to Dr. West

### CHILDREN

Due to the growth and development requirements for children, cholesterol levels vary according to age and gender. Below are just a few examples to give you an idea of healthy cholesterol levels for children.

AGE	GENDER	CHOLESTEROL RANGE**
7 to 12 Months	Male	89 to 208
7 to 12 Months	Female	74 to 218
4 to 6 years	Female	108 to 187
10 to 11 years	Male	125 to 230
16 to 19 years	Female	106 to 217

\*\*References: Soldin SJ, Rakotoarisoa FTS. Clin Chem 1996;42:S308 (Abstract) and Lockitch G. Halstead AC, Albersheim S, et al. Clin Chem 1988;34:1622-5

## CCN'S PROVE UP-TO-DATE ON RESEARCH BY RETESTING NOT JUST CE UNITS

Though all health care professions from Physicians, Nurses, Physical Therapist to Clinical Nutritionists, Chiropractors, Acupuncturists, Massage Therapists, etc., are required to complete a specific number of Units of Continuing Education Courses (CEUs) to maintain their licenses and certifications, only the **Clinical Nutrition Certification Board requires re-testing.**

In other words, only my profession as a Board Certified Clinical Nutritionist (C.C.N.) is willing to prove through retesting every five years that:



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

---

1. We stay on top of the latest research in our scientific field.
2. As we age, retesting proves we are still mentally competent and knowledgeable in our scientific health care field.

Other health care profession may “claim” the above as facts. However, Board Certified Clinical Nutritionists (CCNs) are the only health care professionals in the U.S. who “prove” the above facts to their patients, every five years.

Without retesting, how do you as the patient, know if the health care providers you are using really know the latest research in their profession?

Professionally, I think all health care professions, especially, physicians, should be retested to maintain their licenses and certifications, and not just have to attend weekend classes and sign an attendance sheet to verify you were there.

If retesting were required, perhaps deaths and injuries from medical errors would be less, or at the very least, perhaps they would be current on research performed in their own field of medical science, like the above JAMA reported study on Cholesterol and those over 65.

**If I was a patient 65 or older (or no matter what my age) and currently on cholesterol lowering drugs, I would wonder...**

- **What other studies are my physicians unaware of or ignoring?**
- **What other treatment do I receive that is not according to the latest research?**

## TESTS FOR MONITORING HEART FUNCTION AND DISEASE!

---

Unfortunately, because the information in this article has not been included in **Public Health Education**, most people are uninformed and think having Blood Cholesterol tested annually is the only test that is required to monitor Cholesterol Levels for the prevention of heart attacks. This is so far from the truth and not just because cholesterol levels are not



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

indicative of heart disease. This section of my article will provide a list of the actual tests required. For example here are two more accurate and essential tests for monitoring heart disease and a potential heart attack:

1. Studies have shown that monitoring Homocysteine 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 Homocysteine form.
2. 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 Homocysteine and the ratio between HDL and Triglycerides.

Therefore, when a client contacts me with concerns about preventing a heart attack and heart disease, each of these tests is ordered. Then a Clinical Nutrition Analysis of their Lab Reports will identify the nutrient deficiencies, biochemical imbalances and organ/gland dysfunctions that must be corrected to restore the healthy function of these organs and glands as well as the heart and circulatory system.

### **BLOOD AND FUNCTIONAL TESTS FOR OPTIMAL HEART & CIRCULATORY SYSTEM HEALTH:**

1. Homocysteine
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



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

After reviewing the list above, you can understand why the current medical approach of putting people on cholesterol-lowering diets and drugs do not prevent heart disease or heart attacks. Instead, low cholesterol diets cause the body to produce more cholesterol than is required for optimal health and low cholesterol drugs destroys the liver, which creates a whole new, even potentially worse health conditions for the patient, than may even kill then long before any heart attack or heart disease.

In addition to the above, a Clinical Nutrition Analysis will identify areas of inflammation and therapy provided to:

1. Detoxify inflamed cells.
2. Provide nutrients required by the cells to grow new healthy cells in place of those that are damaged due to inflammation.

When any one or more of the above seven tests show abnormal test findings from a Clinical Nutrition Analysis of their Laboratory Reports with inflamed cells and tissue, it is truly then that you are at risk of developing heart disease and/or having a heart attack. It is not when you have Cholesterol Levels over 200 as the medical industry would have you believe.

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.



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

---

## 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 (or Scam as Dr. West would say) about Cholesterol has been dispelled and the latest medical and clinical nutrition research has been provided regarding the healthy cholesterol levels for adults age 20 to 64 years (181-299) and over 65 (200 to 299). 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 Homocysteine 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 you are equipped with the knowledge of what is required to maintain normal Cholesterol levels for your age.

Therefore, the next step is to contact me for help in:

1. Restoring healthy cholesterol levels by improving cholesterol-related biological and physiological function, i.e., by providing the nutrients your body actually needs based upon testing your own biochemistry and detoxify substances (chemicals, refined carbohydrates, non-essential fatty acids, etc.) that interfere with its function, which includes excessive amounts of Cholesterol or rising deficient Cholesterol levels, when indicated according to age, gender and test values.
2. Identifying if you are truly at risk of developing heart disease by ordering the specific tests for this Clinical Nutrition Evaluation and then correcting through Clinical Nutrition



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

---

Therapy the abnormal clinical nutrition findings (test results) so you may prevent heart disease and/or reverse the development of heart disease, whichever applies.

To do the above, contact me at **Advanced Clinical Nutrition at (940) 761-4045**. I look forward to your call.

## ABOUT DR. SMITH

---

**Dr. Donna Smith** has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine, the largest chiropractic magazine in the United States**. Some of her bestselling e-books have been listed below and are available for purchase on her website..

Dr. Smith 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 (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses:

- Therapeutic, whole food supplements, available only through nutritional health care providers, and
- a Therapeutic Dietary Plan. Foods in each plan are selected for their food chemistry, i.e., their effect on the individual's biochemistry as identified through their own laboratory testing. .



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers**, who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

**Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services** are provided by mail, e-mail and telephone consultations. 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 work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 36 U.S. States and six international countries.

**For more information, to order** a Clinical Nutrition Analysis and Laboratory Tests, and **to contact** Dr. Smith, call (940) 761-4045 or e-mail at [Services@AdvancedClinicalNutrition.com](mailto:Services@AdvancedClinicalNutrition.com). You may also call this number to schedule your FREE Inquiry Telephone Consultation with Dr. Smith. To save time at this consultation, please complete the Inquiry Questionnaire on her website.

Meanwhile, please feel free to browse [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com), subscribe to Dr. Smith's FREE Newsletter and increase your education through reading Free Articles by Dr. Smith. You may also view Dr. Smith's TV Shows and videos on [YouTube.com/DrDonnaFSmith](http://YouTube.com/DrDonnaFSmith), post questions on her blog at [DrDonnaSmith.blogspot.com](http://DrDonnaSmith.blogspot.com) and follow her on [Twitter.com/DrDonnaSmith](http://Twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](http://Facebook.com/DonnaFSmithPhD).

## E-BOOKS BY DR. SMITH

Below is a list of a few e-Books by Dr. Smith. Go to our website for a complete list of Dr. Smith's e-Books .and you may order online or by phone at (940) 761-4045.

- Anti-Aging Personal Care Program (Hair, Skin, and Nails) – Over 250 pages
- Dental Health Program – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (169 pages – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges



# HIGH CHOLESTEROL—THE MYTHS

## Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

---

(abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).

- False Assumptions People Make About Nutrition and Nutritional Supplements (Over 30 pages)
- Fibromyalgia – A Clinical Nutrition Syndrome” (68 Pages).
- Dr. Smith’s Hair Restoration Program – Anti-Grey Solutions (59 Pages).
- Health Chest - How To Update Your Medicine Chest To a Health Chest (Over 250 pages)
- Lyme’s Disease – Clinical Nutrition Approach To Healing (32 Pages).

### **DISCLAIMER**

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author’s intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision.