

I'M RIGHT! (continued)



So, years ago when the issue of good and bad cholesterol first came to light, everyone and their brother was put on Lipitor. Then people's levels started to come down, and the pharmaceutical companies then said, oh, well now the number is -----. That number, whatever it was, was of course lower than the original number so that people would have to continue taking their pills. See, just a scam. So how did the experts get it so wrong?

The main factor behind the persistence of the prevailing paradigm is profit---for the drug companies and the food industry. In the 1960's the dietary causes of heart disease were still a matter of debate. Many scientists insisted that cholesterol-raising saturated fat found in meat, dairy, and eggs was the culprit, and others were pointing to artery-damaging sugar. Uh-oh, I am in trouble. This debate was largely decided by a seemingly definitive study by Harvard scientists in 1967 that was published in the New England Journal of Medicine. It reviewed the link between sugar and heart disease and concluded that sugar did not play a role, and that the only dietary factors were fat and cholesterol. So there!

BUT, investigative research revealed that the study was secretly funded, designed, and directed by the Sugar Research Foundation which is a trade group dedicated to the profitability of sugar! Hmm, isn't that interesting?

LDL-lowering statins came on the market in the 1990's and were heavily promoted by drug companies as the answer to heart disease. However, the results of statin supported research were consistently exaggerated by those same drug companies and the scientists they funded. This fact is from the British Medical Journal (BMJ Evidence-Based Medicine) study. Bottom line, I was always right saying that it's all a bunch of hooey.

I'm not saying that you shouldn't watch what you eat and try to eat healthy, but that taking a cholesterol lowering drug may not be the help that you think it is or is necessary at all. Again, talk to your doctor.