

# HEALTH MATTERS



NATURAL HEALTH  
& WELLNESS CENTRE

Dr. Michael Culp, MA, NMD

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## Fat Lies About Fat, Cholesterol & Heart Disease <sup>1</sup>

I don't believe in conspiracies but I do believe in human stupidity, which is, of course, a variation of Hanlon's Razor: "Never attribute to malice what can be easily explained by stupidity". The simple truth is that all of us, even the most vaulted among us, make mistakes. When we make mistakes, the solution is simple: admit it, make amends for any inadvertent damage done, and move on. It is only when we refuse to acknowledge our mistakes that stupidity actually become malice.



This is a lesson that desperately needs to be learned by the health "authorities" who have claimed, with god-like certainty that dietary fat and dietary cholesterol contribute to heart disease. There is only one little problem with this "Lipid Hypothesis"... it simply is not true. All those years of telling us to eat low fat and reducing red meat and eggs started out as a stupid mistake but, since 2000 when dozens of meta-analyses of large epidemiological and prospective clinical trials were published, have become evil lies perpetuated by a medical establishment that cannot admit it has ever made a mistake. More insidious still is that the foods they told

us to eat for better health – margarine, vegetable oils, and replacing fats with carbohydrates – have actually turned out to be almost the only foods that we now know contribute to heart disease. It would be almost laughable if it weren't killing us.<sup>2</sup>

### Dr Culp's Summary of Dietary Influences on Risk of Heart Disease

Foods That Increase Risk*	Foods That Have No Effect	Foods That Decrease Risk
Total Calories	Meat	Eat Less
Sugar	Eggs <sup>3</sup>	Fish & Fish Oil <sup>4</sup>
Sweets	Cheese	Olives & Olive Oil
Grains	Butter	Pulses (Beans & Lentils)
Margarine & Trans Fats	Saturated Fat	Fruits & Vegetables
Vegetable Oils	% Calories from Fat	Nuts & Seeds
		Coconut Oil <sup>5</sup>
		Red Wine (or any alcohol)
		Vitamin E** <sup>6</sup>
		Daily Exercise***

\* These foods and nutrients also generally increase the risk not just of Heart Disease but also of Obesity, Diabetes, and many types of Cancer – all of these effects may arise from increased Insulin Resistance and Inflammation

\*\* [Thorne's Ultimate E](#) is the best I have found.

\*\*\* For the pedantic reader, yes, you are correct that Exercise is not a food, but I am MORE correct in saying that you cannot diet yourself to fitness (so THERE)

### The Lyon Heart Study<sup>7</sup>

French researchers designed an 8 year prospective clinical trial for people who had already had one heart attack. Half of the participants were assigned to eat the Heart Association recommended diet limiting fat, and substituting vegetable oil for saturated fat & cholesterol. The other half were to eat a Mediterranean Diet, high in fruits, vegetables, pulses, fish, olive oil, & red wine, while allowing moderate amounts of red meat, chicken, & eggs. They were forced to stop the study after 4 years when they discovered that the Mediterranean Diet group had a 70% reduction in both fatal and non-fatal heart attacks. (Yet the Heart Association still recommends its diet for cardio health!)

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## The Reality:

### 43% of You Reading This Issue of Health Matters Will Die of Heart Disease!

The danger of cholesterol is not a myth. We do know absolutely that elevated blood cholesterol is a legitimate risk factor for heart disease, BUT we also know that there MANY other risk factors that are even better at predicting who may be at risk. Despite this, the conventional medical community has decided to focus almost exclusively on cholesterol as the only meaningful predictor of heart disease, and this is simply wrong. H.L Menken, the great American journalist, once observed, "For every human problem, there is a neat, simple solution – and it is always wrong". All human problems are complex and we simplify them at our peril. The fact remains that half of all people who have a heart attack have normal cholesterol levels and half of all people with high cholesterol will never develop heart disease. Optimal cardiovascular health depends on comprehensive cardiovascular risk assessment that involves screening cholesterol, but also much, much more.

### Relative Risk of Cardiovascular Disease<sup>8</sup>

Risk Factor	↑ Relative Risk
1. Elevated Cholesterol	200%
2. High Blood Pressure (300% Stroke)	150%
3. Homocysteine (low folic acid & B12) (450% stroke)	150%
4. High Glycaemic Load (Sugar) Diet	200%
5. Elevated Fibrinogen (Sticky Blood)	200%
6. APOE4 Genetic Polymorphism (variation)	200%
7. Low Oestrogen and/or Testosterone	200-400%
8. Low Level Inflammation (hs-CRP)	300%
9. Insulin Resistance (belly bigger than hips)	350%
10. Smoking 20 cigarettes per day	400%
11. Low HDL "good" cholesterol	585%
12. Lp(a) – the smallest fraction of LDL cholesterol	650%
13. Hostile Personality (maybe there is SOME justice)	700%
14. Fasting Triglyceride-to-HDL Ratio >7	1600%

So, yes, serum cholesterol is worth measuring, but if you just stop there you are really inviting future disaster. 11 of the other 13 risk factors I have listed here indicate at least as much risk as elevated serum cholesterol alone and most of them indicate a far greater risk.

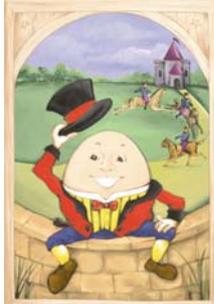
As you might imagine, each of these risk factors requires specific modification of diet and lifestyle and possibly nutritional supplementation to achieve metabolic balance and cardiovascular health. It should not surprise you that your cardiovascular system is as unique as you are, and if it is out of balance, what will help your body rebalance will be equally unique.

The great tragedy is that each of these markers is easily measured either in the office or in the laboratory. Genova Diagnostics offers a [Comprehensive Cardiovascular Risk Assessment Profile](#) which measures 7 of the 14 risk factors, with 3 more markers easily added-on. The remaining 4 risk factors can be easily assessed in the office. So if you'd like to know your true cardiovascular risk and health, book an appointment.

**Factoid:** Having a diagonal skin crease in an earlobe has the highest know risk for cardiovascular disease of any known risk factor, bar none. It has 84% specificity for heart disease.<sup>9</sup> If you're wondering what one looks like, I have one on each ear, which I will be happy to show you. Now you understand why I eat right, cycle to work every day, and run 3 times a week. 😊

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## The Incredible Edible Egg (...Yolk)!

It's time we put Humpty Dumpty back up on his high wall. The humble hen's egg is one of Nature's best multivitamin and mineral "supplements", and the vast majority of its nutrition is found IN THE YOLK!. Most of the protein in the egg white is designed to protect the developing chick from bacteria and viruses and if eaten raw is actually an anti-nutrient that prevents absorption of many essential vitamins and minerals.

As you might expect, free range hen's eggs have been shown to be significantly higher in nutrients than commercially raised eggs

### Comparison of Nutrient Content in One Commercially Raised Egg White vs. One Yolk

Nutrient	White	Yolk	% in Yolk	% RDA* Yolk
Protein	3.6 g	2.7g	43%	**
Fat	0.05g	4.5g	99%	**
Calcium	2.3 mg	21.9 mg	90.5%	2.8 %
Magnesium	3.6 mg	0.85 mg	19.2%	<1%
Iron	0.03 mg	0.4 mg	93.8%	3%
Phosphorus	5 mg	66.3 mg	93%	**
Potassium	53.8 mg	18.5 mg	25.6%	**
Sodium	54.8 mg	8.2 mg	13%	**
Zinc	0.01 mg	0.4 mg	99.8%	3%
Copper	0.008 mg	0.013 mg	62%	**
Manganese	0.004 mg	0.009 mg	69.2%	**
Selenium	6.6 mcg	9.5 mcg	59%	**
Thiamin B1	0.01 mg	0.03 mg	96.8%	2.1%
Riboflavin B2	0.145 mg	0.09 mg	48.3%	5.6%
Niacin B3	0.035 mg	0.004 mg	9.3%	<1%
B5	0.63 mg	0.51 mg	89%	8.5%
B6	0.002 mg	0.059 mg	96.7%	4.9%
Folic Acid	1.3 mcg	24.8 mcg	95%	12.4%
B12	0.03 mcg	0.331 mcg	91.7%	33.1%
Choline	0 mg	113 mg	100%	**
Vitamin A	0 mcg	74 mcg	100%	9.3%
Vitamin E	0 mg	0.684 mg	100%	6.8%
Vitamin D	0 mcg	0.458 mcg	100%	9.2%
Vitamin K	0 IU	0.119 IU	100%	**
DHA & AA Essential Fats	0 mg	94 mg	100%	**
Carotenoids	0 mcg	21 mcg	100%	**

\* EC RDA as established in EC Directive, 90/496/EEC, 1990

\*\* RDA has not been established

Data taken from the [USDA Nutrient Database for Standard Reference](#), Release 26: [Report: 01124](#), [Report: 01125](#). AA and DHA data from [NutritionData.Com](#).

### Compared with caged eggs, free range eggs<sup>10</sup> were found to be...

- 22X higher in Omega 3 fats
- 8X higher in Beta-Carotene
- 4X higher in Vitamin E
- 1.6X higher in Vitamin A
- 35% lower in Cholesterol
- 23% lower in Saturated Fat

I am particularly fond of specialty breed hen's eggs like Burford Brown and Old Cotswold Legbar, but feel free to branch out and try duck, quail, turkey, or even ostrich eggs (well, if you're having a party...)

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While you now know that this could only be true if Jack were in fact eating high amounts of omega-6 vegetable oil, margarine, or other trans fats, we can still chortle at a modern take on an old limerick...

**Jack Sprat ate only fat  
His wife ate naught but sweetsies  
Jack Sprat had a heart attack  
And his wife got diabetes... 😊**



## References

<sup>1</sup> No one wants to read full references, but you may either click on these below or find them easily at <http://www.ncbi.nlm.nih.gov/pubmed>. Simply enter the PMID number in the search box to access the relevant scientific study's summary

<sup>2</sup> [PMID: 11293467](#), [PMID: 21978979](#)

<sup>3</sup> [PMID: 23295181](#), [PMID: 10217054](#)

<sup>4</sup> [PMID: 1826986](#)

<sup>5</sup> [PMID 12716665](#) – Coconut oil is extremely high in lauric oil and raises HDL “good” cholesterol

<sup>6</sup> [PMID: 8622332](#)

<sup>7</sup> [PMID: 11282918](#)

<sup>8</sup> [PMID: 9355888](#), [PMID:9551004](#), [PMID:23158803](#), [PMID: 7966894](#), [PMID: 10837285](#), [PMID: 11472704](#), [PMID: 15509282](#), [PMID:11521128](#)

<sup>9</sup> [PMID: 9796561](#)

<sup>10</sup> [Mother Earth News Oct/Nov 2007](#)