



The Spring
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Cholesterol and Heart Disease: A Phony Issue

Know Your Fats

Written by Mary G. Enig, PhD

"The Soft Science of Dietary Fats," by Gary Taubes, in the March 30, 2001 issue of *Science*,¹ exposes the shenanigans of the 1970s McGovern Senate Committee staff and the follow-on by various government agencies that gave us the anti-fat, anti-cholesterol dietary goals and guidelines. This exposé adds to the material in "The Oiling of America"² by Enig and Fallon and *The Cholesterol Myths*³ by Ravnskov. Taken together, these works provide substantial food for thought.

Blood cholesterol levels between 200 and 240 mg/dl are normal. These levels have always been normal. In older women, serum cholesterol levels greatly above these numbers are also quite normal, and in fact they have been shown to be associated with longevity. Since 1984, however, in the United States and other parts of the western world, these normal numbers have been treated as if they were an indication of a disease in progress or a potential for disease in the future.

As a result of some of this misinformation, which was purposefully planted by the leadership of the National Heart, Lung and Blood Institute (NHLBI) in 1984, many hundreds of thousands of people are treated with expensive medications to prevent the development of a non-existent illness. If the medications were only expensive and not life threatening, their use could no doubt be shrugged off as a harmless snake oil pharmaceutical scam; but, in fact, these are thoroughly dangerous medications for both physical and emotional reasons—for physical reasons because their use can lead to serious untreatable diseases such as liver cancer, and for emotional reasons because their use perpetuates the myth that cholesterol is dangerous and evil.

In his book *The Cholesterol Myths*, Dr. Uffe Ravnskov tells us what happens to an older woman who has normal high serum cholesterol levels. When her blood is tested in a forced cholesterol checkup, the cholesterol myth is used to justify treatment of her nonexistent disease state and she loses her vibrant state of good health.

The official advice to lower serum cholesterol levels has brought about numerous supplements with the attached claim that consuming them will lower cholesterol. This further supports the myth of cholesterol as an undesirable component of body and diet. In fact, the body uses cholesterol to repair and to protect. When improvement to the health of the body brought about by good changes in lifestyle or diet results in a lowering of serum cholesterol, it can be counted as an example of the body no longer needing the extra circulating cholesterol. The repair has been accomplished.

A month after the exposé in *Science*, the NHLBI responded by lowering its recommended "at risk" cholesterol level and increasing the number of people it wants to put on cholesterol lowering drugs. But there may be hope that the truth will win. Independent thoughtful researchers have continued to point out that there is a real need for correcting the wrong advice given to the public regarding the consumption of dietary fats. New research continues to show that the saturated fats are not a problem. that the trans fatty

acids found in partially hydrogenated vegetable fats and oils really are a problem, and that the lack of appropriate balance in the diet of the polyunsaturated omega-3 and omega-6 fatty acids is also a problem. Even the mono-unsaturates have been taken to task by some of the recent research. And lowfat diets are being shown to be counterproductive.

The lesson to be learned from all of this is that the old-fashioned, more saturated fats form the healthy basis of a good quality diet. And a good quality diet can help to produce a state of vibrant good health. Meanwhile, there is no need to worry about your cholesterol levels. This is a phony issue.

References

1. Gary Taubes, "The Soft Science of Dietary Fat," *Science*, March 30, 2001.
2. Mary Enig, PhD and Sally Fallon, "[The Oiling of America.](#)"
3. Uffe Ravnskov, MD, PhD, [The Cholesterol Myths: Exposing the Fallacy that Cholesterol and Saturated Fat Cause Heart Disease](#), NewTrends Publishing, Washington, DC, 2000. More info online at: www.ravnskov.nu/cholesterol.htm.

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About the Author

Mary G. Enig, PhD is an expert of international renown in the field of lipid biochemistry. She has headed a number of studies on the content and effects of *trans* fatty acids in America and Israel, and has successfully challenged government assertions that dietary animal fat causes cancer and heart disease. Recent scientific and media attention on the possible adverse health effects of *trans* fatty acids has brought increased attention to her work. She is a licensed nutritionist, certified by the Certification Board for Nutrition Specialists, a qualified expert witness, nutrition consultant to individuals, industry and state and federal governments, contributing editor to a number of scientific publications, Fellow of the American College of Nutrition and President of the Maryland Nutritionists Association. She is the author of over 60 technical papers and presentations, as well as a popular lecturer. Dr. Enig is currently working on the exploratory development of an adjunct therapy for AIDS using complete medium chain saturated fatty acids from whole foods. She is Vice-President of the Weston A Price Foundation and Scientific Editor of *Wise Traditions* as well as the author of *Know Your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils, and Cholesterol*, Bethesda Press, May 2000. She is the mother of three healthy children brought up on whole foods including butter, cream, eggs and meat.

What is NRT?

If you are like most people who come to us for help, then most likely:

- You have one or more health conditions that have become chronic and,
- You have probably tried conventional medicine or even alternative practitioners and did not get the results you hoped for and,
- These conditions are impacting your personal life, your relationships with your spouse or children, your career or job performance, and/or your personal finances and,
- You know that, as time goes by, these conditions are not going to get better and will probably continue to worsen unless you change what you are doing and do something really effective about it.

If this describes you and you are ready to make a real demand for improvement that will put

you back in charge of your own health, come in for Nutrition Response Testing. If you follow our recommendations to the letter, then there is hope that you will receive the help you need to restore your health.

What is Nutrition Response Testing?

Nutrition Response Testing is a non-invasive system of analyzing the body in order to determine the underlying causes of ill health. When these are corrected through safe, natural, nutritional means, the body can repair itself in order to attain and maintain more optimum health.

Nutrition Response Testing is very precise and scientific. However, if I were to analyze you using Nutrition Response Testing before it was explained to you, you might find it strange, or simply not believable - only because it is probably very different from anything you may have experienced before.

I can understand this because when I first saw this type of work being done, my first reaction was "Hmm, what is this strange stuff?" No one was more skeptical than I was. As a result, I studied Nutrition Response Testing extensively to see if it was for real. And I sure am sure happy I did because it has greatly helped me improve my health and the health of some many patients. Because of Nutrition Response Testing, we are here and are able to help you improve your health.

If you want to get healthy and stay healthy, it is important that you understand what Nutrition Response Testing is and what our recommendations are based on.

Otherwise, you are less likely to follow through and actually do what you need to do to get well. If you don't follow through, you won't get well. And if you are not going to get well, why do it in the first place?

The results we have been having with Nutrition Response Testing are often in the 90% and better range. The only reason we are here is to help you get well. We have no other reason for being here and hopefully, you are here for that same reason. That is Why I want to make sure you get the correct understanding of what Nutrition Response Testing is right from the start.

Sincerely,

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