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What's New

Free Seminars and Workshops

April 13th

Heart Health

Discussing reason and solutions for cholesterol, heart problems, high blood pressure and more.

April 20th

Metal Health

Discussing reasons and solutions for ADD/ADHD, anxiety, panic attacks, emotional wellness and depression

April 27th

Arthritis

Suffering from Fibromyalgia, Osteoarthritis, and Rheumatoid Arthritis? Discuss reasons and solutions for these conditions

May 11th

Sleep Disorder

Suffering from sleep apnea, snoring? Do you want better sleep? We will discuss reason and solutions for these conditions

Cholesterol Myths

There are no such things as good or bad cholesterol per se. Mental stress, physical activity and change of body weight may influence the level of blood cholesterol. A high cholesterol is not dangerous by itself, but may reflect an unhealthy condition, or it may be totally innocent.



A high blood cholesterol is said to promote atherosclerosis and thus also coronary heart disease. But many studies have shown that people whose blood cholesterol is low become just as atherosclerotic as people whose cholesterol is high.

Your body produces three to four times more cholesterol than you eat. The production of cholesterol increases when you eat little cholesterol and decreases when you eat much. This explains why the "prudent" diet cannot lower cholesterol more than on average a few per cent.

There is no evidence that too much animal fat and cholesterol in the diet promotes atherosclerosis or heart attacks. For instance, more than twenty studies have shown that people who have had a heart attack haven't eaten more fat of any kind than other people, and the degree of atherosclerosis at autopsy is unrelated to the diet.

The common medical approach is to lower cholesterol is with drugs, but neither heart mortality nor total mortality have been improved with drugs. Their effect is to lower cholesterol only. On the contrary, these drugs are dangerous to your health and may shorten your life.

The new cholesterol-lowering drugs, the statins, claim to prevent cardiovascular disease, but this is attributed to other mechanisms than cholesterol-lowering. Unfortunately, they also stimulate cancer in rodents. Many of these facts have been presented in scientific journals and books for decades but are rarely told to the public by the proponents of the diet-heart idea.

The reason why laymen, doctors and most scientists have been misled is because opposing and disagreeing results are systematically ignored or misquoted in the scientific press.

These talks may help you understand the reasons and find solutions for these concerns. Bring your questions.

We Have Moved!

Come see us at our new location 809 S. Lamar, Ste. A
Austin, TX 78704

Read Dr. Ravnskov's book "The Cholesterol Myths." This is an updated and greatly extended version. In addition to the subjects mentioned above, you can read about the many unsuccessful cholesterol-lowering experiments the meaningless animal experiments, familial hypercholesterolemia and why you shouldn't bother too much about it the myths about triglycerides the dangers associated with an overconsumption of polyunsaturated oils the illogicalities around the Mediterranean diet the fallacies of Dr. Ornish's life-style trial and much more...

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Sincerely,

Elke Kniss

The Spring, Center for Natural Medicine
(formerly Kniss Medical)

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