

Asociace terapeutů
a detoxikačních
poradců

KINOSVĚT

With Dr Josef Jonas: About the Health

Episode 15:

CHOLESTEROL

The gluttony we commit during the Christmas holidays is usually connected with obesity, but few people know that the fat which is stored in our bodies is known by the complicated name **triacylglycerol**. All excess calories, whether they come from sugars, proteins, starches or fat – in short, from any food – are converted to this fat. But we shouldn't talk about that today at all; we won't try to dissuade people from overeating during Christmas and other holidays. Instead, we will talk about cholesterol. Cholesterol – the word has acquired such a pejorative meaning that we can almost consider it an insult. In fact, it is a substance without which our organism could not function at all. Cholesterol forms the basis for a number of hormones, mainly reproductive ones, and cells also need it to form their structures. In short, it is a substance so important that the organism cannot wait to see if we will eat it or not, or whether we will come across it somewhere. Our body produces cholesterol itself, because it is a substance which is essential for our organism.

So what is actually the past, and current, situation with cholesterol? Cholesterol is a copybook marketing campaign which originated in the United States in the 50s. At that time, eating an egg in public (after all, the yolk contains so much cholesterol) was such a sin that they may have even lynched the person. I myself experienced a situation there where I took a bite of pork, and they immediately pounced on me and asked me how I, as a doctor, can eat such food when it's full of cholesterol. In short, a great wave of hatred rose up against cholesterol, because it was declared to be the cause of heart attacks and peripheral vascular disease, i.e. arteriosclerosis and sclerosis of the arterial system. It's true that if we find a vessel which is sclerotic, and we analyse the material which is blocking it, we will find, among others, and I repeat **among others**, cholesterol. But saying that cholesterol is the cause of heart attacks, cerebrovascular disease and arteriosclerosis in general is not good.

This marketing campaign continued, so for fifty years now cholesterol has been much talked about, and more and more medicines are being invented which are supposed to reduce its level in the blood, because a higher level of cholesterol in the blood can indicate a risk of atherosclerosis. But it's far more complicated, because it's all true. One side is right, the other side is right. One side claims that cholesterol does not play any significant part in this

vascular disease, the other side claims that it plays a crucial role, because many hundreds and hundreds of extremely lengthy scientific studies have been performed, which were supposed to prove one or the other, but in the end they proved both. One half of the work proved that people without an increased cholesterol level suffer from the afore-mentioned vascular diseases, and the other half proved that people with increased cholesterol also suffer from these diseases. A scandal even came to light, in which pharmaceutical companies were accused of hiding the works which prove that cholesterol is not such a big problem in the drawer, and publishing only the other ones.

Simply put, everything revolves around medicines. Medicines were invented which catch the cholesterol in the blood and reduce its level, by which they should actually prevent the occurrence of these dangerous vascular diseases. The fact is that these medicines are produced, that it is a huge business – for several decades it has been one of the biggest pharmaceutical businesses in the world – and there is no evidence of any sharp decline in vascular diseases. About a third of the entire population of the civilized world is still dying from, or otherwise affected by them. Therefore, practice does not show that vascular diseases are receding. On the other hand, you know yourself that as soon as you are found to have a slightly increased level of cholesterol in your blood, the doctor immediately urges you to take cholesterol medication. The best-known group of these medicines is chemically based on statins. This is a typical example of contemporary medicine. The problem with high cholesterol in the body does actually exist – in a little while we will talk about it, and I will explain it. On the other hand, if we take medicine for high cholesterol, we perform only so-called symptomatic treatment. This means that we do not take action against the cause of the cholesterol disease, but only against the symptom, or indication. These medicines can relieve the symptom. It is still not known whether this is a fundamental mistake or not.

The important thing, and please remember this, is that cholesterol is only about 10% influenced by diet. That is why we encounter various paradoxes around the world. The best known is the so-called French paradox – the French eat many fatty foods, because cholesterol is not contained in only fatty pork and eggs, but also skinny prawns, shrimps, crayfish – in short, all those sea creatures contain large amounts of cholesterol. The French don't want to deprive themselves of these, so they eat food which contains more cholesterol than any other diet anywhere in the world, and yet they do not suffer from these diseases as often as other Europeans. The French paradox has long been explained by the drinking of wine, particularly red wine, which contains antioxidants, but lately there have been voices claiming that a far more important role is played by the permanent intake of alcohol, which eliminates stress, rids the person of anxiety and induces good mood. That is one of the paradoxes. Or the Swiss – they consume lots of cholesterol in their fatty foods, yet they do not have very high cholesterol compared to other nations. In short, diet does not influence the level of cholesterol to the extent that people imagine.

The prevention and elimination of cholesterol lies somewhere completely different. The basic organ which decides on the level of cholesterol in the blood is the liver. Of course, if you have high cholesterol, we will not immediately assume that you have liver disease. Nevertheless, there are kinds of receptors, kinds of sensors in the liver which monitor the cholesterol level in the blood, as well as its composition. As we know, there are two types of cholesterol, high density and low density, and their ratio should be ideal. And it is the liver that monitors the overall cholesterol level and the ratio between these two types. If there is

too much cholesterol, the liver eliminates it, if there is too little cholesterol, it produces it. The cholesterol then combines with bilious acids, and travels to the intestine where it is absorbed – or not absorbed, depending on its overall level.

Unfortunately, the liver is not the only organ which decides on the level of cholesterol in the blood. An organ with such a function can also be found in the brain, because the brain itself decides on many things in our lives. So, the part of the brain which is called *pons Varolii* also contains centrally located sensors which monitor the level of cholesterol. And it is in the shift or breakage of this sensor, in its setting to a slightly different level than that which is ideal, that the fundamental problem lies, when our organism shows a higher amount of cholesterol in the blood than that which experts have agreed on. No medicine exists which directly affects these structures in the liver and the brain, so we have to rely solely on holistic, alternative medicine. High cholesterol medicines merely reduce its overall level; they do not treat the main cause of this problem.

Of the preparations we could use, the ones we should use are understandably those which have a detoxifying effect on the liver. Of our products, we use the preparation **LiverDren**. The second preparation, which can also play a decisive role, is **Cortex**, which affects the control of the central cholesterol level. Cholesterol is also controlled by the thyroid gland, and when its activity is reduced, the level of cholesterol is usually higher, because the thyroid gland affects overall metabolism. Of course, we will not omit our favourite preparation, **Activ-Col**, or **Embrion** in alcohol drops, which stabilize intestinal symbiosis, i.e. eliminate intestinal dysmicrobia. This is very important, because if there is dysmicrobia in the intestines, the digestive processes create poisons, and these poisons travel primarily into the liver. These toxins can affect activity which is linked to cholesterol. And they do. So, by eliminating intestinal dysmicrobia, we do much to treat cholesterol.

Of course, by this I did not want to say that you should not stick to a diet, that you should not eat modest food, with a low cholesterol content, meaning fat-free food, and avoid dairy fats, animal fats and trans-fatty acids. That all applies for the overall metabolism, not just cholesterol metabolism. OK, I probably haven't made things very clear for you now. Increased cholesterol – is it an important issue, or not? For this, we will have to wait a few more years, until certain scientific experiments are completed, and also until we can explain how vascular disease occurs, how arteriosclerosis occurs, and what we can do to prevent them.

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