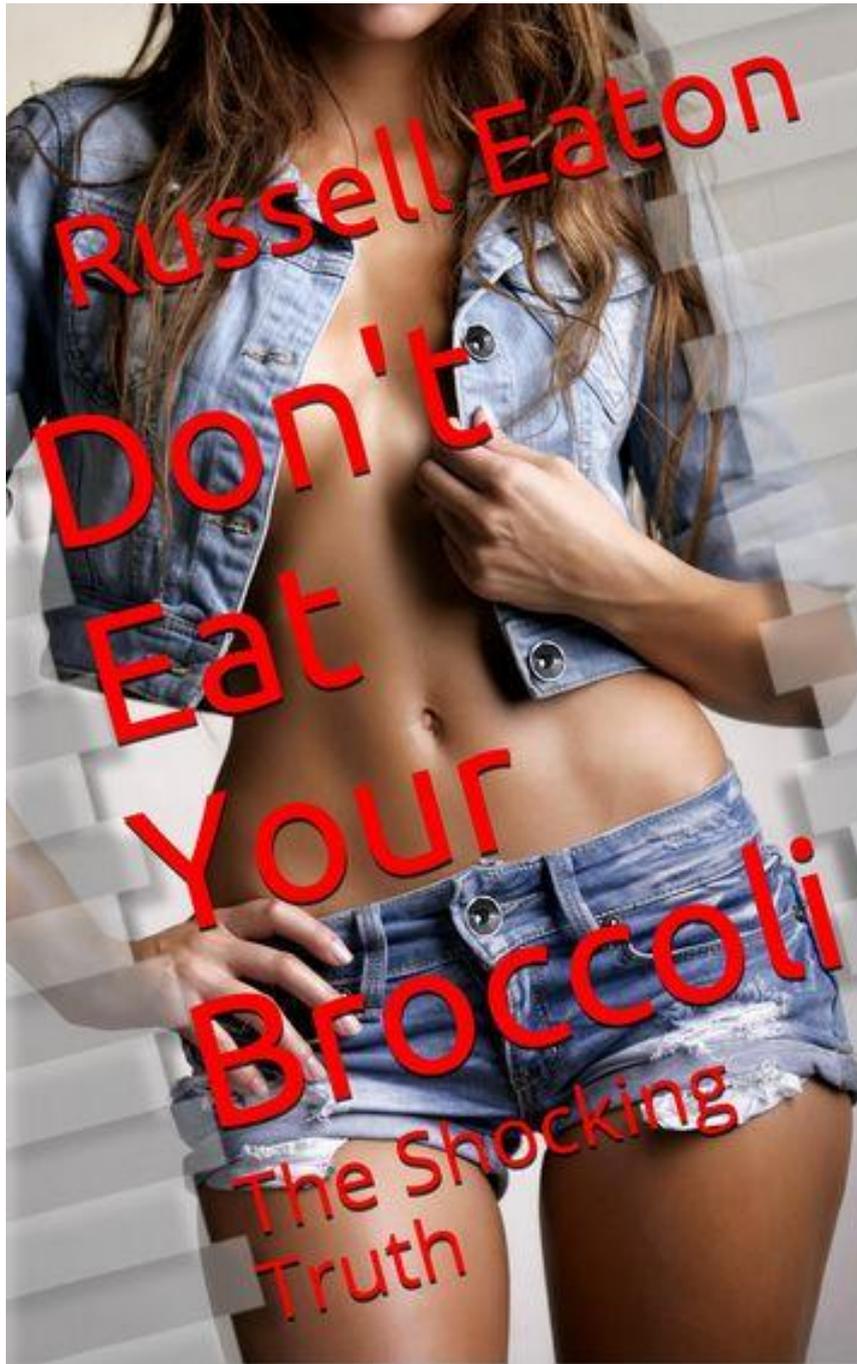
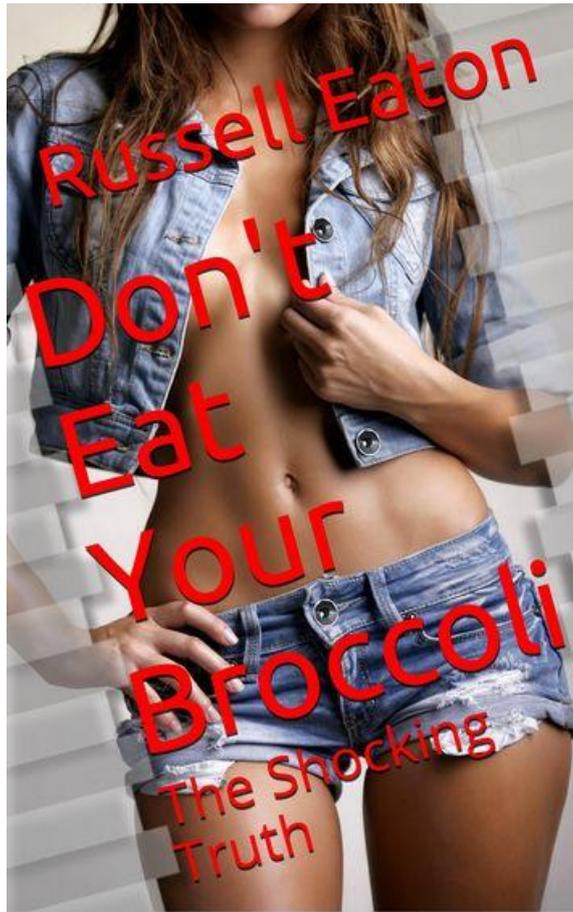


Cover



Title Page



Don't Eat Your Broccoli

The shocking truth

Russell Eaton

DeliveredOnline Guides

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Introduction

'Don't Eat Your Broccoli' explodes once-and-for-all the myth that cruciferous vegetables are good for you. In this book you will discover exactly why vegetables like broccoli, cabbage, collard greens, kale and others are so bad for health.

More specifically, you will discover the shocking truth that cruciferous vegetables are a major cause of obesity, cancer, heart disease and other serious illnesses. Everything is fully explained, with full supporting evidence every step of the way.

Furthermore, cruciferous vegetables (referred to as 'brassica vegetables' or BV's in this book) are nutritionally poor compared to many other plant-based foods. There are many alternative plant-based foods that are much more nutritious and healthy - we simply don't need brassica vegetables in our lives.

For example, did you know that BV's (brassica vegetables) can cause stunted body growth in children? That BV's exert a strong and harmful feminizing effect on the body that is bad for both men and women? And that BV's inhibit testosterone and slow down the thyroid, causing a host of health problems?

Solid new evidence is emerging, showing that BV's are a major cause of obesity. As fully explained in this book, the regular consumption of BV's affects the thyroid. This in turn affects the adrenal glands. And this in turn prevents weight loss. In the USA alone it is estimated that there are more than 50 million people with thyroid-based weight problems.

What about cancer? A big myth in the food industry is that BV's fight cancer. In fact, as you will discover in the following pages, brassica vegetables actually **cause** cancer. The regular consumption of BV's causes cancer in two particular ways as follows:

Firstly, BV's inhibit testosterone; all the latest research shows that this significantly increases the risk of cancer in men and women. Secondly, BV's increase the level of estradiol in the blood and this in turn feeds cancer, like throwing fuel on a fire. This book explains exactly why this is so with full supporting evidence.

When you eat BV's the body receives antinutrients such as phytates, oxalates and insoluble fibre all which are harmful as fully explained later. But worse still, you receive goitrogens which slow down the thyroid. This causes an 'underactive thyroid' which can have a devastating effect on health in a variety of ways.

To avoid confusion, the terms 'hypothyroidism' and 'underactive thyroid' are treated differently in this book. Both these conditions slow down the thyroid and consequently have similar harmful symptoms. Where they differ is in the cause and the treatment.

Hypothyroidism

According to the American Thyroid Association, hypothyroidism is usually caused by the immune system going awry and attacking the thyroid. Other causes include inappropriate medications, the genes you inherit, viral infections, faulty pituitary glands, and insufficient dietary iodine. Various blood tests can be done to diagnose definitely whether or not you have hypothyroidism. The consumption of brassica vegetables is not known to cause hypothyroidism unless consumed in very substantial amounts.

The usual treatment for hypothyroidism is to administer thyroid-related medication and/or iodine supplementation under medical supervision.

Underactive Thyroid

An underactive thyroid occurs when the thyroid slows down (performs under par) as a result of receiving goitrogens from the diet. Goitrogens are high in brassica vegetables, but are also high in certain other foods such as soy and millet. If you are medically diagnosed with hypothyroidism, doctors will usually advise you to avoid goitrogenic foods, among other things. An on-going underactive thyroid can be mild and virtually undetectable in any blood tests, yet still cause serious health problems. Equally, an underactive thyroid can be severe and be detected in blood tests, yet not amount to full-blown hypothyroidism.

The usual treatment for an underactive thyroid (as defined in the previous paragraph) is to give up brassica vegetables, i.e. to reduce consumption of goitrogens in the food you eat. As explained later in the book, in the case of an underactive thyroid, you cannot treat the condition with iodine supplements because goitrogens prevent the thyroid from accepting iodine. So however good the diet with respect to iodine, if you consume BV's the thyroid will continue to suffer.

*

At no point in this book is it implied that brassica vegetables cause hypothyroidism, although if BV consumption is extreme it may lead to hypothyroidism. But there is solid research showing that the regular consumption of BV's as a staple does cause an underactive thyroid.

Even if you never eat brassica vegetables, this book reveals astonishing facts that will help keep you healthy, slim and disease-free. Written in plain English, this is a book for everybody, regardless of your age or state of health. It makes essential reading for parents, teachers, health professionals and in fact anybody interested in protecting their good health.

The book is fully referenced and up-to-date with the latest scientific research, and although it is offered at a low price (and in some instances free of charge) don't let this mislead you as to its value.

Read on to discover the truly shocking truth about these harmful vegetables and exactly why they should never be consumed, whether raw, juiced, or cooked.



Brassica Vegetables and Intestinal gas

In general, when food is not digested properly it results in excess intestinal gas. Many people suffer from excess intestinal gas as a consequence.

Some kinds of food simply cannot be digested by humans. When such food is not fully or partially digested in the small intestine it goes into the large intestine where it is broken down (eaten) by your gut bacteria. As a result, such bacteria release methane which accumulates into excess intestinal gas. This is a way for the body to metaphorically tell you that all is not well, that it has to defend itself against poor digestion. There is no virtue in consuming food that results in excessive intestinal gas.

In a healthy person, the occasional excess gas itself usually does not cause health problems (apart from social embarrassment!). But if you are overweight or not perfectly healthy (as is the case with most people), then excess intestinal gas can adversely affect your health.

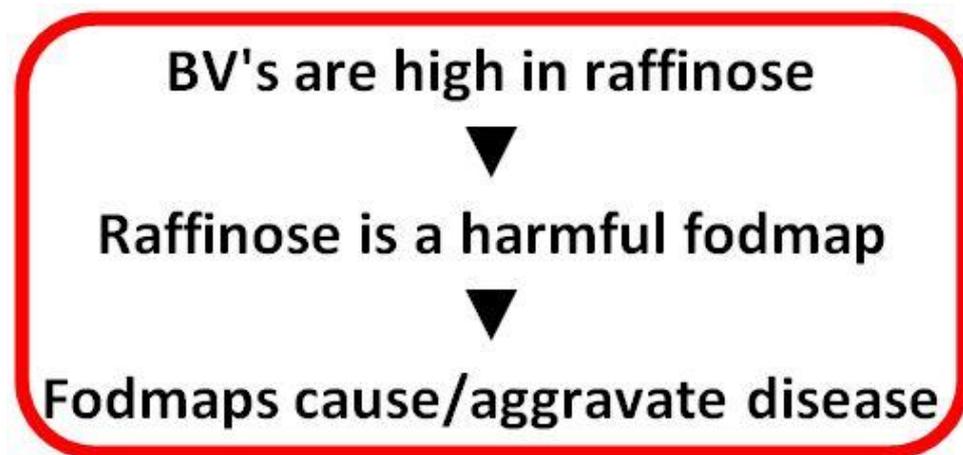
For example, excess intestinal gas can make you feel gallbladder pain, cause irritable bowel syndrome (IBS), severe stomach bloating, an upset stomach, abdominal pain, or aggravate an existing condition of gastritis. Other symptoms can include nausea, fuzzy thinking and fatigue. Chronic excess intestinal gas can lead to intestinal inflammation and can greatly increase the risk of colon cancer. In general you certainly want to avoid excess intestinal gas.

By far the main cause of excess intestinal gas comes from the diet. And BV's produce more excess intestinal gas than just about anything else you could eat.

BV's are high in raffinose (a harmful kind of sugar) which cannot be digested by humans because we lack the necessary enzymes. Some beans and grains are also high in raffinose, but BV's are the only kinds of vegetables that are high in raffinose. People who regularly consume BV's are likely to suffer from chronic excess intestinal gas as a result of ingesting raffinose on a regular basis.

Simply put, researchers have established that when certain sugars such as raffinose are consumed, they are poorly absorbed in the small intestine. If they aren't absorbed properly then they can hang out too long in the intestines and become a feast for bacteria, causing the raffinose to become fermented. As the bacteria ferment the raffinose, their waste products affect us adversely.

Raffinose is a kind of 'fodmap'. And fodmaps are certain kinds of sugars that are poorly digested by humans, such as fructose, galactose and lactose. Raffinose consists of a mix of galactose, glucose, and fructose, so it is very much regarded as a fodmap. Much research has shown a strong direct link between fodmaps in the diet and inflammatory bowel disease, gastrointestinal problems and poor health. Tentative research also suggests that a compromised intestine can increase the risk of Crohn's Disease, a serious and life-threatening type of inflammatory bowel disease.



Currently there is insufficient evidence to show that fodmaps directly cause irritable bowel disease, cancer or Crohn's Disease. But research certainly shows that fodmaps exacerbate symptoms and that people with these diseases can greatly ameliorate such illness by avoiding high-fodmap foods.

Many kinds of foods contain fodmaps in varying degrees; in small amounts they cause no harm. But BV's are particularly high in fodmaps by virtue of being high in raffinose.

The message then is clear. A healthy diet should exclude high-fodmap foods such as BV's. It is not suggested that you follow a low-fodmap diet as it may be somewhat restrictive in what you can eat. But by avoiding all BV's you will by default not be consuming a high-fodmap diet. Consider the following: a low-fodmap diet is usually recommended as a cancer-preventative diet or to ameliorate existing cancer.

Here is some of the research on the points discussed in this section:

"... a cruciferous vegetable is difficult to digest. Broccoli contains a carbohydrate called raffinose that, when digested, causes gas. Although broccoli does not usually stimulate the gallbladder directly, the additional gas formed by the raffinose can increase your abdominal pain and discomfort. You should avoid broccoli if it exacerbates your pain or causes you a significant amount of abdominal discomfort". Source: Jill Corleone, registered dietician, Does Broccoli Cause Gallbladder Attacks? 2015, www.livestrong.com.

*

"The following foods may also cause gastric distress, and should be omitted from your diet if they are not tolerated well: broccoli, cauliflower.... and various beans". Source: Dr. Nicole Sundene, NMD, Gallbladder Diet, www.kitchentablemedicine.com.

*

"Gas forming [foods] like broccoli, cauliflower, cabbage, and Brussels sprouts are usually not tolerated well". Source: Gallbladder Disease, Ask the Dietician, www.dietitian.com.

*

"Methane-producing bacteria in the colon feed on raffinose and release gas in the process. There's nothing you can do to broccoli and other crucifers to cut down on the gas they induce". Source: Andrew Weil, M.D., www.drweil.com.

*

"Kale contains a sugar called raffinose, which is hard for us to break down. Raffinoseis found in cruciferous vegetables (the group that includes kale, cabbage and broccoli). We lack the right enzymes to digest raffinose in our stomach or small intestine. So after passing through these organs it arrives in the large intestine still intact, and is then fermented by the bacteria there....this fermentation also produces gases such as methane and carbon dioxide, which cause the well-known problems of bloating and flatulence that some people get after eating these foods". Source: Jacqui Gibbons, editor, Three Reasons Not to Eat Kale, 2014, www.high50.com.

*

"Some carbohydrates, such as raffinose, are not well digested, and therefore produce increased amounts of gas. Raffinose is contained in a number of vegetables such as cabbage, Brussels sprouts, asparagus, broccoli....As a result, these foods tend to cause increased amounts of gas and flatulence in most people". Source: Indigestion, Nature's Intentions Naturopathic Clinic, www.naturesintentionsnaturopathy.com.

*

"The worst foods for IBS include.... broccoli and other cruciferous vegetables, like cauliflower, Brussels sprouts, and cabbage to name a few. That's because they contain a sugar called raffinose. Humans lack the enzyme needed to digest this sugar". Source: Worst Foods for IBS, Unlocking the Mystery of IBS, www.no-ibs.com.

*

"Certain foods contain a complex carbohydrate called raffinose, which is incompletely absorbed and can trigger irritable bowel syndrome (IBS) symptoms and flatulence. Foods that are high in raffinose include beans, cabbage, Brussels sprouts, broccoli and asparagus". Source: William Salt, M.D., U.S. board-certified gastroenterologist and co-author of Find Health! Discover what's Behind Your Symptoms, www.stillhurtingfindhealth.com

*

"It has been known for many decades that some foods may be more problematic than others with IBS. But more recently, scientists from Australia and the US have been working to track down FODMAPs as instigators of IBS (irritable bowel syndrome)". Source: Wondering About FODMAPs? 2015, Nutrition Before During and After Cancer, www.jbenjaminblog.wordpress.com.

*

"If you have Crohn's disease then you may have heard of a group of carbohydrates referred to as FODMAPs, especially if you happen to live in Australia where the bulk of the research into these foods has occurred and a low-FODMAP diet has gained widespread acceptance as

treatment for people with both irritable bowel syndrome (IBS) and inflammatory bowel diseases (IBD)". Source: Jaime Hartman, FODMAPs and Crohn's Disease: A Beginner's Guide, 2014, www.guttybynature.com.

*

"The evidence indicates that the FODMAP diet provides an effective approach to managing patients with gastrointestinal disorders. Drug therapy is often necessary as well, but long-term success is likely to take place only after the addition of dietary changes. More research is needed to determine the FODMAP content of all foods and to determine the legitimacy of applying a low FODMAP diet to patients with IBD. Many gastroenterologist and dieticians are now starting to apply this diet in clinical practice. The FODMAP diet may have once been a craze, but now with an increasing body of evidence behind it, is definitely a credible and valuable tool in the management of patients with gastrointestinal disorders". Source: Rakesh Nanda, et al, A FODMAP Diet Update: Craze or Credible? Nutrition Issues In Gastroenterology, Series #112, 2012.

*

"These data suggest that reduction of FODMAP intake offers an efficacious strategy for patients with IBD". Source: Richard B. Gearry, et al, Reduction of dietary poorly absorbed short-chain carbohydrates (FODMAPs) improves abdominal symptoms in patients with inflammatory bowel disease, J. Crohns, 2008.09.004 8-14.



Is Broccoli Nutritious?

There are over thirty types of BV's (brassica vegetables) but most people only eat a fraction of these on a regular basis, namely cabbage, cauliflower, broccoli and Brussels sprouts. Of these cabbage and broccoli are consumed the most (source: Statista.com).

Out of these four vegetables, broccoli is highly (albeit mistakenly) regarded as being the most nutritious and beneficial. So for simplicity, the focus in this book is mainly on broccoli. But to be clear all brassica vegetables should be avoided.

Here is a nutritional chart of broccoli:

| Nutrition Facts | | | |
|-----------------------------------|-----|-------------|----------------|
| Broccoli | | | |
| Amount Per 1 NLEA serving (148 g) | | | |
| Calories 50 | | | |
| | | | % Daily Value* |
| Total Fat 0.6 g | | | 0% |
| Saturated fat 0.1 g | | | 0% |
| Polyunsaturated fat 0.1 g | | | |
| Monounsaturated fat 0 g | | | |
| Cholesterol 0 mg | | | 0% |
| Sodium 49 mg | | | 2% |
| Potassium 468 mg | | | 13% |
| Total Carbohydrate 10 g | | | 3% |
| Dietary fiber 3.8 g | | | 15% |
| Sugar 2.5 g | | | |
| Protein 4.2 g | | | 8% |
| Vitamin A | 18% | Vitamin C | 220% |
| Calcium | 7% | Iron | 6% |
| Vitamin D | 0% | Vitamin B-6 | 15% |
| Vitamin B-12 | 0% | Magnesium | 7% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

As we can see, broccoli has no significant amounts of nutrients apart from fiber, vitamin A, vitamin C, vitamin B6 and potassium. When you compare the vitamin and mineral content of broccoli with fruit you quickly realize that broccoli nutrition is mediocre. Let's briefly look at broccoli nutrition more closely.

Vitamin A

Many vitamins and minerals in the body work together synergistically, and this argument is used to defend broccoli. It is often proclaimed that broccoli can help solve a so-called

'vitamin D deficiency epidemic'. There is no 'epidemic' as such relating to vitamin D. Clearly, some people may be suffering from a lack of vitamin D but that is not related to broccoli or ameliorated by broccoli, since broccoli has no vitamin D at all.

The argument is that broccoli gives you plenty of vitamin A and K so that when you receive vitamin D from other sources, all three vitamins can work together.

As we can see in the above chart, broccoli has a small amount of vitamin A. This vitamin is widely available from many plant-based and animal-based foods such as meat, fish, carrots, lettuce, potatoes, all kinds of sprouted seeds, mangoes, butternut squash, condiments such as paprika, basil and majorman, cantaloupe, peas, tomatoes, peaches, papayas and **many** other foods. There is generally no shortage of vitamin A in the population at large and the mediocre amount in broccoli is not particularly significant.

The amount of vitamin K in broccoli is negligible (about 160 micrograms per cup). Furthermore, virtually all plant-based foods contain vitamin K in varying degrees and we generally have plenty of vitamin K in the diet. It is virtually unknown for people to suffer health problems as a result of a lack of vitamin K in the diet. Furthermore, note that vitamin K thickens the blood so foods and supplements high in vitamin K should be avoided, particularly if you may be at risk of heart disease, stroke or other blood-related health problems.

So to argue that broccoli helps the body assimilate vitamin D by virtue of having vitamin A and K is disingenuous to say the least.

Fiber

The fiber in broccoli is mostly harmful insoluble fiber that provides no health benefits at all. A detailed look at dietary fibre is beyond the scope of this book, but you should know that insoluble fibre is bad news for the human body and causes nothing but health problems. If you doubt this you are urged to see the excellent book 'Fiber Menace' by Konstantin Monastyrsky.

However, **soluble** fiber is good for health and is worlds apart from **insoluble** fiber. They are completely different to each other at a molecular level. Soluble fibre melts when consumed (gets eaten by friendly bacteria) and has many super-healthy benefits. Insoluble fiber passes virtually intact through the body causing nothing but harm and is totally unnecessary in the diet.

"Insoluble fiber is bad for health as it harms the delicate lining of the gut and it ferments poorly, often resulting in the proliferation of harmful bacteria and the risk of disease. Also, poorly fermented insoluble fiber has a laxative effect that upsets regular bowel movements, and in so doing valuable minerals are lost. Furthermore, harmful lectins are more concentrated in high fiber foods such as grains, beans, and vegetables. Insoluble fiber causes bloating, intestinal inflammation, abdominal cramps, gastritis, nausea, vomiting, rectal bleeding, constipation, gum and teeth disease (from pulverized/processed fiber), gastric ulcer, heartburn, hiatal hernia, pancreatitis, cholecystitis, enteritis, crohn's disease, hernia, malnutrition, and many other health problems, making the list almost too long to mention".

Source: Eaton, R, The Lipo Diet, 2015, DeliveredOnline.com.

It so happens that broccoli contains significantly more insoluble fiber than soluble fiber. Some BV's contain much higher amounts of harmful insoluble fibre compared to broccoli.

According to Wikipedia, broccoli contains "2.6g of dietary fiber in a serving of 100g". And 'dietary fiber' is described as a mix of insoluble and soluble fiber. In fact, only about a third to a half of the fiber content in broccoli is soluble depending on how cooked (source: prebiotin.com). Furthermore we only receive a tiny amount of soluble fiber (roughly about 1g) in a 100g serving of broccoli.

And here is the point: we can acquire plenty of soluble fiber from just about every type of plant-based food that we eat. Virtually all types of fruit, vegetables, grains, beans, nuts and seeds provide soluble fiber and there is no shortage of such fiber in the human diet. It is therefore disingenuous to say that broccoli is good for you because of its content of soluble fiber. And the insoluble fibre in broccoli does nothing but harm. Whenever you see the fiber content of broccoli being lauded don't believe the hype.

Vitamin C

The vitamin C content of a serving of lightly steamed broccoli is mediocre, on a par with an orange. Furthermore, if the broccoli is boiled (or cooked by any other means) the vitamin C content will be greatly reduced to an insignificant level. Vitamin C is particularly affected by the heat of cooking.

Many fruits contain similar or greater quantities of vitamin C compared to raw or lightly steamed broccoli. Here is a table for comparison:

| Amount of vitamin C in a serving of 100g | |
|---|-------------------------|
| <i>Food item</i> | <i>Vitamin C</i> |
| Currants | 200 mg |
| Kiwifruit | 90 mg |
| Loganberry | 80 mg |
| Lychee | 70 mg |
| Broccoli (lightly steamed) | 65 mg |
| Papaya | 61 mg |
| Strawberries | 60 mg |
| Oranges & Lemons | 54 mg |

Since most BV's are consumed cooked, do not kid yourself that broccoli is giving you any significant amount of vitamin C.

Vitamin B6

"Vitamin B6 is widely distributed in foods in both its free and bound forms. [Food] sources include meats, whole-grain products (including cereals), vegetables, nuts, and bananas. Cooking, storage, and processing losses of vitamin B6 vary and in some foods [the loss] may be more than 50%" (source: Wikipedia.org).

In broccoli, the amount of vitamin B6 is a mere 15% of the recommended daily amount, mediocre to say the least. Furthermore, vitamin B6 is soluble in water so most of it is lost when boiled or steamed. We acquire plenty of vitamin B6 from many foods and the population at large is generally not short of vitamin B6 (we certainly don't need it from broccoli).

Folate

Folate (also known as folic acid or as vitamin B9) occurs in a wide variety of foods. It is high in many kinds of fruit, nuts, beans, peas, dairy products, poultry, meat, eggs, seafood, grains, avocado, spinach, liver, yeast, asparagus and even some beers. Just about all kinds of food contain some degree of folate. It is very susceptible to the heat of cooking and is also soluble in cooking water. Hence cooked broccoli will contain negligible amounts of folate. In any event, the amount of folate in broccoli is very little compared to many other foods.

Potassium

Experts suggest 4,700 milligrams of dietary potassium a day for adults as part of a balanced diet. But average intake is lower for U.S. adults. Men average 3,200 milligrams per day of potassium, and women average 2,400 milligrams. This means that many people do not have enough potassium on a daily basis.

However, it is easy to acquire enough potassium in the diet by consuming a variety of fruit (and vegetables that do not include brassica vegetables). Even fish and dairy products contain significant potassium. Just one good-sized banana or a small avocado contains more potassium than a cupful of lightly cooked broccoli. If the broccoli is well cooked in water most of the potassium will be destroyed. You simply cannot rely on broccoli to boost your potassium in the diet.

Carotenoids and lutein

Broccoli is said to have high levels of carotenoids and lutein. There are hundreds of types of carotenoids, and lutein is simply one of them. Carotenoids are an important part of the human diet because the body does not make them. They fulfil a variety of important roles such as boosting the antioxidant capacity of the body and acting as efficient free-radical scavengers.

Although carotenoids are abundant in fruit and vegetables that are coloured (e.g. red, yellow, orange, purple) they are also widely found in '**non-coloured**' food items, e.g. avocados, nuts, seeds, sprouted seeds, baby shoots and kiwifruit, to name but a few.

In fact some degree of carotenoids are found in just about all plant-based and animal-based foods. It would be rare to find a person suffering health problems from a lack of

carotenoids, and it is certainly not necessary to eat BV's to obtain carotenoids. Furthermore, the content of carotenoids in, for example, broccoli is paltry compared to many other foods.

Selenium

Broccoli is often lauded for its antioxidant prowess by virtue of having selenium. In fact the selenium content of broccoli is very little; in any event selenium is widely available from nuts, seeds, sprouted seeds, baby shoots, starchy vegetables and many other foods including meat and sea foods. Generally, there is no shortage of selenium in the human diet.

Selenium is used by the human body to produce glutathione peroxidase, which is part of the body's antioxidant defence system. In this way, selenium helps offset damage that can occur from potentially harmful free radical molecules. Synthesised selenium is continuously being studied for possible therapeutic effects on cancer.

The selenium content of broccoli is indeed paltry. Even a 100g slice of bread has more selenium than a 100g of broccoli. Furthermore, cooking broccoli (particularly boiling) quickly destroys most of the selenium. You simply cannot argue that broccoli fights cancer by virtue of its selenium content.



Is Broccoli Healthy?

Broccoli is said to provide special cholesterol-lowering benefits by binding to bile acids in the digestive tract. The theory is that such bile acids are then excreted, thus lowering cholesterol. The evidence for this is scarce, but ironically if broccoli does indeed lower cholesterol this goes against your good health.

A widespread myth of our age is that cholesterol is bad for health and that you should keep cholesterol low in both your food and in your body. This is nonsense; all the latest research shows that we need a high level of cholesterol in the body for optimum health.

There is indeed a relationship between the level of cholesterol in the blood and the risk of heart disease. But this relationship is the opposite to what you may think. Here is the truth:

The higher the level of blood cholesterol, the lower the risk of heart disease.

The lower the level of blood cholesterol, the higher the risk of heart disease.

Clogged arteries are not caused by high blood cholesterol. Clogged arteries are formed by damaged LDL particles (among other things). LDL is the 'wrapper' and inside the wrapper there is cholesterol. LDL carries cholesterol to where it is needed in the body. The evidence that we need plenty of cholesterol is now overwhelming.

"The body uses cholesterol to help build cell membranes, the covering of nerve sheaths, and it makes up much of the brain. It's a key building block for our hormone production, and without it you would not be able to maintain adequate levels of testosterone, estrogen, progesterone and cortisol". Source: Mark Hyman, MD, Why Cholesterol May Not Be the Cause Of Heart Disease, www.drhyman.com.

*

"Cholesterol is a desperately important brain nutrient and is critical for the function of brain neurons. It acts as a brain antioxidant and also a precursor to important brain supportive elements like vitamin D, as well as the steroid hormones. Most importantly, cholesterol serves as an important fuel for neurons. Neurons themselves are unable to generate significant cholesterol and rely upon delivery of cholesterol from the blood stream". Source: Dr. David Perlmutter, MD, Grain Brain, Little Brown and Company, USA, 2013.

When the LDL wrapper is damaged (by free radicals) it gets waylaid into arteries and becomes stuck to artery walls; this is how LDL contributes to clogged arteries. The cholesterol inside the LDL wrapper 'unwittingly' gets caught up in arterial plaque by virtue of being inside damaged LDL particles. So cholesterol is an innocent party with regard to clogged arteries and heart disease.

The question is: ***what causes LDL particles to become damaged, and hence waylaid into arterial plaque?*** The answer in fact is quite simple:

Processed carbohydrates and/or stress cause glucose spikes in the blood. The glucose spikes cause LDL cholesterol to become damaged and oxidized. And the damaged/oxidized LDL cholesterol accumulates in arteries to cause arterial plaque.

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