

High Blood Cholesterol and Its Control

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Cholesterol is a fatty substance that is important in human tissues, it is a sort of sealing compound that is essential to control the diffusion between the internal and external zones of the cells and vascular systems of the body, the cell walls and blood vessel walls, by which these barriers are so regulated as to permit the diffusion and degree of fluid interchange that is normal. If there is too great a transfer of fluid, toxins may leak into sensitive areas, such as proteins leaking from the blood capillaries into the cerebro-spinal fluid, causing headaches. Or the capillaries fail to hold back the fluid contents as normally they should, and the patient develops low blood pressure. Or if the cholesterol levels rise unduly, the blood pressure may become high, since the blood pressure is automatically controlled to produce the right amount of diffusion of fluid from the capillaries and there is a compensative rise when the vascular walls become less permeable to serum. Then there is the danger of capillary rupture from this higher blood pressure, with blood clots forming in the injured areas, and which can float into branch of the coronary artery that supplies the heart, and a consequent blocking of part of the heart muscle, the common "coronary embolism" or "coronary thrombosis."

That is why everybody fears cholesterol. Why do we hear more about this subject today than a few years ago?

In "Science News Letter" during

the last few months articles very enlightening have appeared. First in February the news was released that animals or human subjects fed unrefined vegetable oils experienced a gradual fall in blood cholesterol, but if fed synthetic fats such as the hydrogenated oils in which the natural vitamins had been destroyed in the conversion of the oil to the synthetic fat, the blood cholesterol progressively increased.

Then in May the fact was reported that if human subjects were fed eggs fried in refined vegetable oil there was no effect on the blood cholesterol, but if the eggs were fried in hydrogenated (synthetic) fat, the blood cholesterol of the eater progressively increased. No doubt if the eggs were fried in unrefined vegetable oil carrying its normal quota of vitamins, there would have been a progressive reduction in cholesterol, as reported in the previous news item.

What are the protective factors in the unrefined oils? Well, we know that we can list a lot of factors essential to our health in the natural oil, that are totally absent in the synthetic imitation of fat.

Besides the fat soluble vitamins A, D, E and K, there is present in varying amounts in all natural oils the important sex hormone precursor that is a part of the E complex (discovered by Levin and Associates), the vitamin F complex so necessary to our health, without which we develop kidney disease (often associated with high blood pressure), skin disease (eczematous lesions, rough skin,

scaly spots, brittle nails, dandruff and other psoriasis-like effects), and the various phospholipids to be described under the class of lecithins and cephalins which carry the essential B complex factors of choline and inositol (as lipositol).

Liver degeneration is the result most commonly attributed to the deficiency of these factors, plus loss of hair, and inhibition of lactation in the nursing mother.

How do we get inflicted with all these very unpleasant and often fatal consequences? Simply by letting someone sell us a counterfeit food, "made worse so it can be sold for less," we gullible buyers not thinking that we are destroying the very integrity of our own precious body mechanisms by so doing. Oleo in place of butter, patent "shortenings" in place of lard and natural oils, hydrogenated oil in peanut butter, softening chemicals in bread instead of honest fats, synthetic and refined fats in "frozen custards" imitating ice cream, etc. If there is any certain way to get fat and lazy, it is by eating these "foods" that supply no nutrition, but only the calories alone that we are all trying to avoid.

LET'S WAKE UP AND LIVE. At least a lot longer and more enjoyably. It is no fun to nurse a necrotic heart, a busted brain from an unnecessary cerebral hemorrhage, a burned out liver that cannot detoxify the blood, or a kidney disease that lets us bloat up like a poisoned pup. Common sense here pays big dividends.

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